

# 11<sup>TH</sup> ANNUAL SPRING FLING CONVENTION

## "We Are Not a Glum Lot"



### April 26 - 28, 2019



Friday 6:30 p.m. – BBQ & Washers

Friday 8:00 p.m.

Paul McQ – Belle Harbor, NY

Friday 10:00 p.m. Young Person Speaker

Heather B. – Southaven, MS

Saturday Morning 10:00 a.m. Workshop

Rediscovering Happiness in Recovery

Saturday Al-Anon Luncheon 12:00 p.m.

Palmer G. – Miami, FL

Saturday 3:00 p.m. Eastern Area MO

Experience, Strength & Hope  
come to Eastern Missouri

Saturday Banquet 6:30 p.m.

Jeff V. – Fargo, ND – 8:00 p.m.

DJ & Dance after Banquet Speaker

Sunday Breakfast 9:00 a.m.

Jane D. – Tallahassee, FL

#### ACTIVITIES

##### FRIDAY

BBQ & Washer  
Games  
Young People's  
Meeting  
Ice Cream Social  
Bingo

##### SATURDAY

Banquet  
Table Trivia  
DJ  
Dancing  
Music Games

Marathon Meetings  
All weekend long

### Hilton St. Louis Airport

Special Room Rate \$89

#### **MENTION SPRING FLING**

Reserve before 3/26/19 for reduced room rate

10330 Natural Bridge Rd

St. Louis, MO 63134

314-426-5500

See website for map

[www.springflingstl.com](http://www.springflingstl.com)

Spring Fling Chair – Joe B. 314-800-6274

Registration Chair – Jennifer R. 636-634-8283

[springflingconvention@yahoo.com](mailto:springflingconvention@yahoo.com)

### FREE PARKING

### PLEASE REGISTER EARLY!!!

PayPal Registration – [www.springflingstl.com](http://www.springflingstl.com) – Online Room Reservations

#### CONVENTION REGISTRATION FORM

Please complete and mail to Spring Fling Convention, PO Box 1916, St. Charles, MO 63302

Complete a separate form for each additional registration, which is REQUIRED FOR ADMITTANCE.

Make checks/money orders payable to Spring Fling Convention

Name: \_\_\_\_\_  
Phone: \_\_\_\_\_ AA  Al-Anon

Entering information below gives permission to receive mailings  
and/or newsletters from the Spring Fling Only.

Email: \_\_\_\_\_  
Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Pre-Registration or PayPal	\$15	_____
Door Registration	\$20	_____
Friday Night BBQ	\$9	_____
Friday Night Ice Cream Social	\$7	_____
Al-Anon Luncheon Saturday	\$25	_____
Banquet Saturday Night	\$35	_____
Sunday Breakfast	\$15	_____

Hospitality / Scholarship Donation \_\_\_\_\_

Please list any special needs here: \_\_\_\_\_

Cut-off for mail-in registration is April 12, 2019