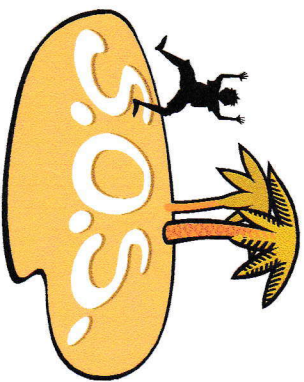


FIRST THINGS FIRST!

We need **YOU**

ONE DAY AT A TIME



and not even a full day at that!



THE AL-ANON SERVICE CENTER

located at 4968 Euclid Road, Suite H,
Virginia Beach is in dire need of your help.

HOW IMPORTANT IS IT? Very important!

KEEP IT SIMPLE: Can you give 2 or 4
hours a month -- or whatever you can
serve?

LET IT BEGIN WITH ME (YOU).

Call Bette at 681-0620



or 499-1443

Training is provided and it's **EASY DOES IT.**



In all seriousness, the training is fast and simple and the
hours are anything you can spare. Let's join together in this
effort to keep the Service Center open. Thank you for your
consideration. Please call today.