

# AI-Anon Workshop

Presented by Peninsula District

## Body, Mind and Spirit

**18 July 2020**

**9:15-11:45 a.m.**

**Virtual on  
Zoom**

**Join us for a free 3 session Virtual Workshop focusing on Spirituality, Self-Care and Journaling. Learning to live a life in balance using AI-Anon tools and principles.**

**Schedule: 9:15 – 11:45 a.m. EST**

- 9:15 Join the Workshop**
- 9:30 Workshop Protocols and Opening**
- 9:45 Spirituality by Kathy K.**
- 10:15 Break**
- 10:20 Self-Care by Duane F.**
- 10:50 Break**
- 10:55 Journaling by Christine G.**
- 11:25 Workshop Afterthoughts**
- 11:45 Closing**

**Zoom Link:**

<https://us02web.zoom.us/j/89504263304?pwd=aDZVcFZBOTBxbVpVajllWHBjanBRUT09>

**Questions: email [peninsula@vaalanon.org](mailto:peninsula@vaalanon.org)**