



The Tidewater Area H&I Subcommittee Learning Day

what to expect:

- *Speakers.
- *mock presentations / skits
- *Questions and answers.
- *Prize giveaways, raffles, food, fun & fellowship!

“ NA is like the air we breathe; it surrounds us when we share recovery. It flows between us , constantly changing. We can no more keep recovery by holding it to ourselves than we could keep oxygen by holding our breath.”
(Guiding principles pg.158)

Saturday, November 18th 2023
@ Freemason Baptist Church
Norfolk
11-4pm