



Suburban North Intergroup

Together with:

'NWCH Saturday 2:30 OA Group'

presents an In-Person Recovery Event:

GROWING THROUGH GRATITUDE

Saturday, August 2, 2025 1:00 pm - 4:00 pm



Location:

**Northwest Community Hospital
800 West Central Road, Main Entrance
Arlington Heights, Illinois
1st Floor, Meeting Rooms 6 and 7**

Park in PARKING GARAGE 'A'

Directions:

1. Take Central Road to the entrance on Fernandez Avenue.
2. Fernandez Avenue turns into East Drive. Follow East Drive to Parking Garage 'A' (marked 740 W. Central).
3. Turn LEFT after entering the parking garage. Take the SW elevators/stairs to the ground floor.
4. Follow the sidewalk to the Main Entrance. Enter building & turn RIGHT at the first hall.
5. Pass the Gift Shop & the East Elevators. Turn left. Pass the Cafeteria. The rooms will be on the left side.

Gratitude and appreciation are powerful tools for enhancing our wellbeing by fostering positive emotions and reducing stress.

Daily gratitude lists and expressing appreciation can improve relationships and increase life satisfaction.

Cultivating a habit of gratitude promotes resilience and can lead to a more fulfilling life.

- Speakers
- Fellowship & Participation
- OA Literature for Sale
- Suggested donation \$5

For more information, call
Maureen at (847) 502-2359