

# Embracing Enough: Expectations, Recovery and Your Spirit

Facilitator: JoAnn Campbell-Rice, PhD

November 15-17, 2019

## Friday

- 5:30 PM Dinner at the Renewal Center
- 7:00-8:30 Welcome and Orientation by Hazelden Betty Ford staff  
Introductions  
*What is enough?*

## Saturday

- 9:00-12:00 PM Releasing Spiritual and Emotional Clutter
- 1:30-4:30 Living in Balance
- 8:00-9:00 Lodge Speaker Meeting

## Sunday

- 9:00-12:00 PM Making a Difference with What You Have

**-all groups take place in presentation room 109 unless otherwise noted-**

## Daily Schedule

8:00-9:00	Breakfast	
8:30-9:00	Optional Lecture	Bigelow Auditorium
9:10-9:30	Meditation	Room 108
12:00-1:00	Lunch	
5:00	“As we go through the day...”	Room 208
5:30-6:30	Dinner	
7:00 – 7:30	Optional Lecture	Bigelow Auditorium
8:00 – 9:00	Saturday 3 Speaker Meeting	Room 108

\*\*Schedule subject to changes