



# 16<sup>th</sup> ANNUAL SPRING FLING CONVENTION

## “Easy Does It”

### April 19 - 21, 2024



Friday 6:00 p.m. BBQ & Washers

Friday 8:00 p.m. AA Speaker

Jennifer K. – Plano, TX

Friday 10:00 p.m. YP Speaker

Saturday 8:30 a.m. Al-Anon Meeting

Saturday 10:00 a.m.

Workshop

Saturday 12:00 p.m. Al-Anon Lunch

Saturday 1:00 p.m. Al-Anon Speaker

Catherine T. – Dallas, TX

Saturday 3:00 p.m. Speaker Panel

Saturday 4:30 p.m. Al-Anon Meeting

Saturday 6:30 p.m. BANQUET

Saturday 8:00 p.m.

Jason J. – Oregon City, OR

Sunday 9:00 a.m. Breakfast

Sunday 10:00 a.m.

Deb H. – Akron, OH

#### ACTIVITIES

##### FRIDAY

BBQ & Washer Games  
Young People’s Meeting  
Ice Cream Social  
Games w/prizes

##### SATURDAY

Banquet  
Table Trivia  
Speaker Panel  
Games w/prizes  
DJ & Dancing

Merchandising &  
Marathon Meetings &  
Activities Room Open  
All weekend long



### Hilton St. Louis Airport

Special Room Rate \$97

**Mention Spring Fling code: SPF**

Reserve before 3/20/24 for reduced room rate

10330 Natural Bridge Rd

St. Louis, MO 63134

314-426-5500

[www.springflingstl.com](http://www.springflingstl.com)

Spring Fling Chair – Susan B. 314-583-5296

Registration Chair – Liz C. 314-479-3560

[springflingconvention@yahoo.com](mailto:springflingconvention@yahoo.com)

### FREE PARKING

**PLEASE REGISTER EARLY!!!**

To register, get information or sign up for Service: [www.springflingstl.com](http://www.springflingstl.com)

#### CONVENTION REGISTRATION FORM

- Please complete and mail to Spring Fling Convention, PO Box 22002, St. Louis, MO 63126
- Complete a separate form for each additional registration, which is REQUIRED FOR ADMITTANCE.
- Make checks/money orders payable to Spring Fling Convention
- To sit together, please submit together – 10 people per table

Name: \_\_\_\_\_  
Phone: \_\_\_\_\_ AA  Al-Anon

Entering information below gives permission to receive mailings and/or newsletters from the Spring Fling Only.

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Pre-Registration	\$20	_____
Door Registration	\$25	_____
Friday Night BBQ	\$15	_____
Friday Night Ice Cream Social	\$7	_____
Al-Anon Luncheon Saturday	\$25	_____
Banquet Saturday Night	\$40	_____
Sunday Breakfast Buffet	\$15	_____
Hospitality / Scholarship Donation		_____
Total Amount to be Paid		_____

Please list any special needs here: \_\_\_\_\_