

**AL-ANON PROGRAM at the**  
**81th AA BUFFALO FALL CONVENTION – HELPING OTHERS**  
*Saturday, October 8, 2022*

<u>Time</u>	<u>Panel/Event</u>
7:30 to 8:00	Yoga – in the Parlor Facilitated by David D. (AA)
8:15 to 8:45	Prayer and Meditation – in the Parlor Facilitated by Sally C. (Amherst AFG)
9:00 to 9:15	Welcome to Al-Anon Program Kathy M. - Al-Anon Chair (Parkside Steps AFG)
9:20 to 10:00	Step Three: Turning it Over Marilyn T. ( Amherst AFG)
10:15 to 11:15	Finding Contentment and Even Happiness Bob L. (Men in Al-Anon AFG) Barb M. (Williamsville Friday Morning AFG)
11:30 to 12:30	Alateen Workshop
12:45 to 1:45	LUNCH
2:00 to 3:00	<i>Keynote Speaker:</i> Stacy M. (Healthier Days Ahead AFG)
3:15 to 4:15	Step Twelve: Carrying the Message to Others Julie B. (Amherst AFG) Michelle M. ( Amherst AFG)
4:30 to 4:45	Countdown and Closing for Al-Anon Members Kathy M. - Al-Anon Chair (Parkside Steps AFG)

The Millennium Hotel \*\*\*\*\* 2040 Walden Ave. \*\*\*\*\* Cheektowaga, NY 14225  
\*\*All Al-Anon Panels are in the McKinley Room unless otherwise noted.

***For More Information Call or Text -***  
Chair: Kathy M. at 716-867-7187 or Co-Chair: Susan F. at 716-870-1966