

Sponsored by



**May 23-25, 2025**



**Annual Convention**



**BE  
ALIVE  
IN '25**

all times are central time  
all events are In-Person

Event Program (tentative)

Friday May 23 – Pre-Convention Workshop 10:00 am – 2:00 pm  
(additional registration required)

*Living Abstinently in '25: Eating and Emotions*

Friday May 23 Early Hotel Check in 2:30 – 4:00 pm



Friday evening May 23

4:00 – 6:15 pm OA meetings, Big Book Study, Meditation  
6:45 – 8:30 pm Welcome followed by Keynote speaker  
8:45 – 10:00 pm OA Promises by Candlelight, other Activities

Saturday May 24

6:15 – 8:30 am Breakfast 7:00 – 8:30 am  
OA meetings, Meditation, Writing Workshop and more  
9:00 am – 8:30 pm Three Keynote speakers

**Workshops:** Bee Fearless, Carrying the Message, Sponsorship Success, Weeding Out Negative Thinking, Using Tech for Recovery  
**Panel Discussions:** Be United in Recovery

11:30 am – 1:15 pm Lunch Dinner 5:30 – 7:00 pm  
8:30 – 10:30 pm *Bee Bop Dance*

Sunday morning May 25

7:00 – 9:15 am Meetings and Workshops  
9:30 – 11:00 am Keynote speaker followed by Closing



R5 Fundraisers

- Marketplace
- Gift Basket Raffle
- 50-50 Raffle



**FUN \* FUN \* FUN**

All convention activities are at  
**The Sheraton Milwaukee  
Brookfield Hotel**  
375 S Moorland Rd  
Brookfield, WI 53005



Free parking \* Free airport shuttle

\$119 + tax per room night  
Thursday to Monday \* any occupancy

**NEW a la carte Pricing Structure**

	Pre-Register <i>by May 2, 2025</i>	Walk-in
Pre-Convention Workshop Fri May 23 10:00am - 2:00pm	\$ 30.00	\$ 45.00
Weekend Rate Friday 4 pm to Sunday 11 am	\$ 70.00	\$ 90.00
Friday evening 4:00 pm – 10:00 pm	\$ 10.00	\$ 10.00
Saturday 6:15 am – 10:30 pm	\$ 50.00	\$ 70.00
Sunday morning only 7:00 am – 11:00 am	\$ 10.00	\$ 10.00
Friday Lunch includes tax and gratuity	Pre-register only \$ 35.00	
Saturday Breakfast includes tax and gratuity	Pre-register only \$ 30.00	
Saturday Lunch includes tax and gratuity	Pre-register only \$ 40.00	
Saturday Dinner includes tax and gratuity	Pre-register only \$ 60.00	



Hosted by the  
Milwaukee Area  
Intergroup of  
Overeaters  
Anonymous



- Register online from [www.REGION5OA.org](http://www.REGION5OA.org)
- Register by mail
- Register by phone 414/259-0640

Region 5 residents request scholarship support  
by phone 414/259-0640 or by email to  
[convention@oamilwaukee.org](mailto:convention@oamilwaukee.org)