

All Meeting are
Eastern Standard Time

November 17, 2016 Marathon Meeting
FreeBridge Telephone Meeting

Phone: 1-218-339-2933
Pin #: 944982#



Turn Over A New Leaf

November 17, 2016
From 8:00 AM to 10:00 PM
New Meeting Every Hour



8:00 AM	How NicA Works
9:00 AM	Life on Life's Terms
10:00 AM	Surrender
11:00 AM	Guarding Our Recovery
Noon	Nicotine is a Drug
1:00 PM	The Weight Can Wait
2:00 PM	Hope
3:00 PM	Puff Away From A Pack A Day
4:00 PM	5 D's
5:00 PM	Speaker
6:00 PM	Gaining Freedom
7:00 PM	Steps 1-2-3
8:00 PM	Our Promises
9:00 PM	Gratitude
10:00 PM	Recovery Countdown



Our primary purpose is to offer support to those who are trying to
gain freedom from nicotine.



"Giving up smoking is easy I have done it a thousand times"
Mark Twain



Contact : Katherine B
252-217-7367 Call any time