



Walk and Talks - 2016

“The clearest way into the universe is through a forest wilderness.” ~John Muir

Who: All Adult Children of Alcoholics + other dysfunctional families

What: 6th Walk and Talk of 2016

When: Sunday, September 25 - Meet at 9:00a and start walking at 9:15am

- We'll try to leave breadcrumbs if you arrive late

Why: Share our hearts and soles (get it?)

Breakfast: EggShells Restaurant, 596 W. IL Route 22, Lake Zürich, IL. 847-719-3447

Enter Here

Walk + Talk:
 Heron Creek Forest Preserve
 West Il Route 22 at Old McHenry Road, Lake Zurich, IL.
 (South of Route 22, enter off of Old McHenry Road)

Please RSVP to Kathleen A. at 847-946-0170 Thanks!

More info: westgreatlakesaca.org | We will provide cold water!

Remember: Take this flyer with you. (It's OK to share with other ACA's too)