

Get Involved!

with the

SLAA Conference Anorexia Committee

Here's How



1. Join one of the **CAC Email Lists** by writing to anorexia@slaafws.org
CAC members -- where we conduct CAC business with lots of emails
Friends of the CAC -- who generally receive 2 or 3 emails per month of announcements
CAC Announcements -- who generally receive sporadic emails annually?

2. Join the **CAC Goggle Group**

Visit <http://groups.google.com/group/slaacac> and click on the "Apply for group membership" link so that you will keep up to date on our service communications.

For interesting articles and up-to-date announcements,

3. Subscribe to the **SLAA FWS Newsletter** at www.slaafws.org.

Take a newsletter flyer to your meeting. Can't get online? F.W.S. will send you a printed version for a small fee. Call 210-828-7900 or write to 1550 NE Loop 410 Suite 118, San Antonio, TX 78209-1626

Want to Boost Your Recovery?



Do **Service!**

1. The Conference Anorexia Committee (CAC) needs your help to carry the message of recovery to others. Email us at anorexia@slaafws.org.
 - Vice-Chair of CAC (attend monthly teleconference, answer emails, possibly writing by-laws, work on various CAC projects)
 - Member Support & Retention (Liaison to the Conference Sponsorship Committee, organizing sponsorship opportunities, etc.)
 - Meeting Growth & Support (Developing new anorexia meeting format, etc)
 - Public Information (Develop materials for groups to pass the message to professionals, etc)
 - Writing Team:
 - Leading out in developing new anorexia literature
 - Working with a team to write new literature: "Anorexia Tools for Recovery", "Anorexia Recovery Plan" and "Solutions" pamphlets, as well as, generating anorexia focused sharing sheets for the SLAA 12 steps & 12 Traditions book, Sponsorship Workbook (SWB) Writing Group)
 - Reviewing draft literature about anorexia-focused topics for suggestions, questions, corrections (grammar, Traditions, etc.) as various literature projects move forward.
 - Email and Website Subcommittee Chair (make monthly report to CAC) & members (co-manage email rosters, respond to general info requests)
 - Other specific projects as the CAC (or YOU!) see an opportunity to help "carry the message" to anorectic
2. Other Anorexia Focused Service:
 - Friday night anorexia tele-meeting (be the group secretary for 3 months or lead a meeting)
 - Wed Women's, or Sunday's Mixed anorexia focused telemeetings (offer to lead a meeting, be the timekeeper, or read)