

**Traditions!  
Not Just Something to Read Before  
Meetings!**

Join us for a speaker event sponsored by Ames Intergroup

Saturday, October 19, 2019 at McCormick Clubhouse  
1201 McCormick Ave, Ames, IA

Doors open at 12:00 Speakers start at 1:00

\$ 5.00 suggested donation

Refreshments provided.

**Traditions in AA-Mike and Erica M, Cedar Rapids**

**History of Traditions-Bob McC, Des Moines**

**Traditions in the Home- John, Sheila and Alyssa G,  
Des Moines**

**Traditions in the Workplace-Fauna and Mark N.  
Marshalltown**