



# West Great Lakes ACA Intergroup

Chicagoland, SE Wisconsin, NW Indiana  
Adult Children of Alcoholics and Dysfunctional Families



All truly great thoughts are conceived by walking. ~Friedrich Nietzsche

- Open Event -

# Arlington Hts. Walk and Talk - 2018



**Sunday, October 28 @ 9:00am**

We'll meet at 9:00am and start walking at 9:15am. Look for breadcrumbs if you arrive late. We normally walk for 1 or 1<sup>1/2</sup> mile, and we'll supply water.

## Lake Arlington Pond,

2201 N. Windsor Drive, Arlington Heights IL.

All Adult Children of Alcoholics and other dysfunctional families are welcome to join us for this 7<sup>th</sup> and final Walk and Talk of 2018

*Let's get together to share our hearts and soles (get it?)*



**LUNCH:** Afterwards we'll gather for **LUNCH** at **Artistic Cuisine Restaurant**,  
**16 South Bothwell St. Palatine, IL. 847-934-0400**  
(one short block west of Plum Grove Road, off Palatine Road in strip mall)



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

More info: [westgreatlakesaca.org](http://westgreatlakesaca.org) | We will provide cold water!

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

