

All Meetings are
U.S. Eastern Time

Telephone Marathons

Phone: 1-712-770-5398
PIN/Passcode: 207490#

2019



**From 8 am until 11 pm
10 pm: The Countdown**

Telephone Marathon Meetings for 2019:

- ❖ *January 1st (Ring in the New Year)*
- ❖ *April 1st (Spring Fling)*
- ❖ *April 21st (Jumping into Recovery)*
- ❖ *May 27th (Service is the Key)*
- ❖ *July 4th (Celebration of Freedom)*
- ❖ *September 2nd (Fall into Recovery)*
- ❖ *November 21th (Turn Over a New Leaf)*
- ❖ *November 28nd (Attitude of Gratitude)*
- ❖ *December 25th (Holiday Marathon)*

Our Primary Purpose is to offer support to those who are trying to gain freedom from nicotine.

~ Hosted by ~
Nicotine Anonymous
FreeBridge
Telephone Meetings

For information call:
Katherine B
252-217-7367

“The only requirement for
Nicotine Anonymous
membership is a desire to
stop using nicotine.”
— TRADITION THREE