

# SPRING INTO RECOVERY

## Triad OA Serenity Day May 20, 2023

### Schedule

12:30-1	Registration and Socializing
1-1:45	Workshop I ----- What's in your recovery toolbox?
1:45-2:30	Workshop II – Nurturing your abstinence
2:30-2:45	Break
2:45-3:30	Speaker
3:30-4	Wrap Up

Location: Kernersville Lake Park 6408 Old Valley School Rd. Kernersville, 27284

Picnic shelter just off the parking lot

From Greensboro:

1. Take I-40W to exit 81B.
2. Merge onto Salem Parkway/US.421N via exit 206 toward Kernersville
3. Go 3.2 miles, Take exit 222 to NC 66
4. Go .09 miles, Turn Left onto NC 66
5. Go 1.34 miles, At the next roundabout, take the first exit to Dobson St.
6. Go .98 Mile, Turn Left onto Old Valley School Rd.
7. Go 1.44 miles to Kernersville Lake Park.

From Winston-Salem

1. Take US 421S/NC 150 E/Salem Pkwy
2. Take exit 228-Linville Rd.
3. Go .15 miles, Turn Right onto Old Greensboro Rd.
4. Go .21 mile, Turn Right onto W. Mountain Rd.
5. Go 3.2 miles, Turn Left onto Old Hollow Rd – NC 66
6. Go 1.41 miles, Turn Right onto Old Valley School Rd.
7. Go 1.77 miles to Kernersville Lake Park