

Recovery Retreat 2026

Mind • Body • Spirit

**OVEREATERS
ANONYMOUS®**
CENTRAL FLORIDA INTERGROUP



A NEW KIND OF RETREAT EXPERIENCE

Set at the beautiful Sanborn Center, this year's retreat offers the connection of a closed campus in the heart of Downtown DeLand. Experience recovery, community, and comfort in a space that feels welcoming, refreshed, and alive. Whether you're new or in long-time in recovery, there is a place for you here.

RETREAT DETAILS

November 6-8th, 2026

Registration Fri 4:30 to 6:45pm, Sat 9 - 10am

Sanborn Center, DeLand Florida

Closed campus experience in a walkable downtown setting

- Lunch & dinner included (gluten & sugar free)

HIGHLIGHTS

- Mind • Body • Spirit workshop tracks
- Creative activities
- Clean abstinent meals
- Evening skits, raffle & auction
- Inspirational Key Note Speaker
- Friday night kickoff

[LINK TO RETREAT INFO](#)

Early Bird Price
Before 8/1

\$150

MORE THAN WORKSHOPS

This weekend is about connection, creativity, and joy in recovery.

A balance of structure, freedom, and inspiration.



For Registration



CREATE YOUR OWN RETREAT EXPERIENCE

This retreat is designed to meet you exactly where you are. At each session, choose from three pathways:

Mind – Emotional sobriety, tools, and perspective

Body – Physical wellness, nourishment, and self-care

Spirit – Connection, meditation, and spiritual growth



✓ **\$150** till 8/1

✓ **\$195** 8/2 to 10/1

✓ **\$245** after 10/2

REGISTER NOW!