

Thursday					
6:30	Meditation AA meeting				
7:30	Breakfast				
8:30	An Introduction to the biochemistry of sugar sensitivity: Kathleen Aztec				
10:00	Break				
10:30	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; vertical-align: top; padding: 5px;"> Planning, Recipes and cooking Sheila, Elaine, Teri Zia </td> <td style="text-align: center; vertical-align: top; padding: 5px;"> Addiction Ameba Mary-Margaret, Gretel, Martha Manzano </td> <td style="text-align: center; vertical-align: top; padding: 5px;"> Doing the Program Under Any circumstances Allison, Val, Vicki G, Claire Sandia </td> <td style="text-align: center; vertical-align: top; padding: 5px;"> Kids: Getting to Know the Steps </td> </tr> </table>	Planning, Recipes and cooking Sheila, Elaine, Teri Zia	Addiction Ameba Mary-Margaret, Gretel, Martha Manzano	Doing the Program Under Any circumstances Allison, Val, Vicki G, Claire Sandia	Kids: Getting to Know the Steps
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6:00	Dinner				
7:30	Finding a Safe Place: Kathleen				

Friday					
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7:30	Breakfast Kids go on field trip after breakfast				
8:30	What else is embedded in the Steps: Kathleen Aztec				
10:00	Break				
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6:00	Dinner on your own				
7:30	The creative side of sugar sensitivity, Music, dance and laughter				

	Saturday	
6:30	Meditation	AA meeting
7:30	Breakfast	
8:30	The Warrior Spirit: How your attitude shapes your program: Kathleen Aztec	
10:00	Break	
10:30	Going Back – a good transition	
12:00	End of Ranch	
1:00	Liaisons lunch	
2:30	Liaisons meeting	