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OREGON ATTORNEY ASSISTANCE PROGRAM

IN SIGHT for Oregon Lawyers

IMPROVING THE QUALITY OF YOUR PERSONAL AND PROFESSIONAL LIFE

Tips to Stay Sober on Vacation

- Look online for 12-step meetings in the place you are visiting.
- Call the AA hotline once you get to a new city. It is usually one of the first listings in the phone book. Most of the time, someone from AA will pick you up or meet you at a meeting.
- Are you flying? If you need support at the airport so you don't drink, pick up a white paging phone and page "a friend of Bill W" to meet at your gate. You may be surprised at who shows up.
- Take your Big Book on the plane with you. Start reading when they bring beverages. Another idea is to hand the flight attendants a card that asks them not to serve you alcohol. If you start reading your Big Book, you never know who might be sitting next to you.
- Are you going to a concert? Look for yellow balloons, which usually means there is a sober group under them.

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503-226-1057

1-800-321-OAAP

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