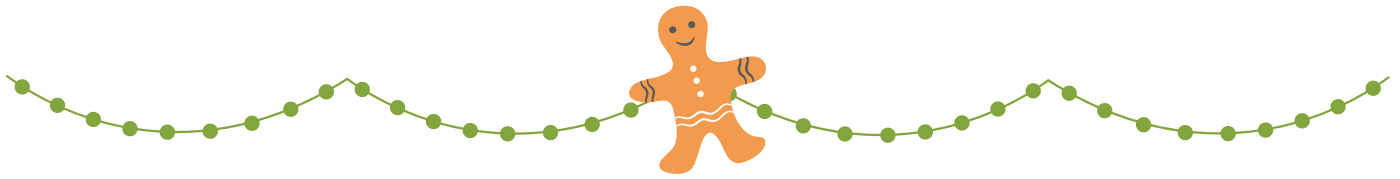


12 TIPS TO HELP YOU STAY SOBER THROUGH THE HOLIDAYS



ATTEND
ALKATHONS



TAKE A RUNNING
BUDDY TO EVENTS
WHERE YOU KNOW
ALCOHOL WILL BE
SERVED



MAKE AN EXTRA
COMMITMENT AT
YOUR HOMEGROUP



SKIP AN EVENT
YOU'RE NERVOUS
ABOUT ATTENDING



DOUBLE UP
ON MEETINGS



COMMIT TO
GIVING SOMEONE
A RIDE TO MEETINGS
THROUGH THE END
OF JANUARY



HOST AN AA
MEETING
IN YOUR HOME



COMMIT TO
ATTENDING
30 MEETINGS
IN 30 DAYS



CALL YOUR SPONSOR
BEFORE & AFTER
EVENTS



GET INVOLVED
IN SERVICE WORK



READ AA
LITERATURE YOU
HAVEN'T READ
BEFORE



REACH OUT TO 12
NEW AA MEMBERS