

# Get Involved!

With the

## SLAA Conference Anorexia Committee

1. Join a [CAC Email Lists](#) by writing to [anorexia@slaafws.org](mailto:anorexia@slaafws.org)

CAC members: Lots of business related email

Friends of the CAC: 2 - 3 emails announcements per month CAC Announcements: a few sporadic emails each year



## Want the Scoop?

1. Join the [CAC Goggle Group](#)

Visit <http://groups.google.com/group/slaacac> and click on the "Apply for group membership" link so that you will keep up to date on our service communications.

2. Subscribe to the [SLAA FWS Newsletter](#) at [www.slaafws.org](http://www.slaafws.org).

Read For interesting articles and up-to-date announcements and take a newsletter flyer to your meeting.

Can't get online? F.W.S. will send you a printed version for a small fee. Call 210-828-7900 or write to 1550 NE Loop 410 Suite 118, San Antonio, TX 78209-1626.

## Want to Boost Your Recovery?



Do Service!

- ∅ Serve on the [Conference Anorexia Committee \(CAC\)](#)

Help to carry the message of recovery to others. Email us at [anorexia@slaafws.org](mailto:anorexia@slaafws.org).

- Vice-Chair of CAC (attend monthly teleconference, answer emails, possibly writing by-laws, work on various CAC projects)
- Member Support & Retention (Liaison to the Conference Sponsorship Committee, organizing sponsorship opportunities, etc.)
- Meeting Growth & Support (Developing new anorexia meeting format, etc)
- Public Information (Develop materials for groups to pass the message to professionals, etc)
- Writing Teams:
  - Leading out in developing new anorexia literature
  - Work with a team to write new literature: "Anorexia Tools for Recovery", "Anorexia Recovery Plan" and "Solutions" pamphlets, as well as, generating anorexia focused sharing sheets for the SLAA 12 steps & 12 Traditions book, Sponsorship Workbook (SWB) Writing Group)
  - Review draft literature about anorexia-focused topics for suggestions, questions, corrections (grammar, Traditions, etc.) as various literature projects move forward.
- Email and Website Subcommittee Chair (make monthly report to CAC) & members (co-manage email rosters, respond to general info requests)
- Other specific projects as the CAC (or YOU!) see an opportunity to help "carry the message" to anorectics.

- ∅ Involve yourself in other [Anorexia Focused Service](#):

- Friday night anorexia telemeeting (be the group secretary for 3 months or lead a meeting)
- Wed Women's, or Sunday's Mixed anorexia focused telemeetings (offer to lead a meeting, be the timekeeper, or read. Welcome and/or call newcomers.)