

# Early Invitation: Region 3 Fall Assembly and Convention Representatives and Intergroup Chairs

Registration is now open for the 2025 Fall Region 3 Assembly and Convention!

**SADDLE UP!!!**  
**Together We Thrive in '25**



October 16-19, 2025

Hosted by: Greater Oklahoma City Intergroup of OA  
Oklahoma City, OK

[Hilton Garden Inn Oklahoma City Airport](#)  
801 S. Meridian Ave., Oklahoma City, OK 73108

Please plan to attend the Assembly and Convention being held in Oklahoma City, OK.

**The Fall Assembly will be HYBRID so you can send all your representatives.** The cost for the face-to-face event is only \$135 and includes Saturday lunch and dinner. The virtual attendance is only \$30. OKC has worked hard to make this affordable to all!

Elections will be held for the Steering Committee Vice Chair, Treasurer, and Digital Content Coordinator along with several very important Amendments. Region 3 really wants to hear from all of you.

**IMPORTANT NOTE:** The Assembly business meetings and Forum will take place on Friday, October 16<sup>th</sup> starting at 8:00 am Central Time.

The Rep dinner will be held Thursday evening (5:30 pm) at [Toby Keith's Restaurant](#). Cars will be provided where needed. Note: Representatives and their respective intergroups are responsible for the cost of their own meals.

The Assembly Agenda will be emailed out and available on Monday, Sept. 1, 2025.

The Convention Flyer is attached to this email and the information is also available at:  
<https://www.oaokc.org/region-3-assembly-and-convention-2025.html>

### **CONVENTION & HOTEL REGISTRATION DETAILS**

Register **by August 16th** to receive the early bird registration rate of \$135 (the rate goes up to \$150 on August 17th). NO REFUNDS on registration fees.

Convention or Registration **Questions**: contact Mary W. at **(504)914-3635** (text first) or email **intergroup@oaokc.org**

### **Hotel Registration**

The OA R3 Assembly & Convention will take place at the Hilton Garden Inn Oklahoma City Airport, at a discounted rate of \$119.00/night (+tax). (Up to four occupancy). Book hotel room by October 2nd to receive the discounted rate! If booking your hotel room by phone at (405)942-1400, ask for the **OA Convention Code 90K**, to take advantage of this special convention room rate. You can also book online by clicking on this link.  
<https://www.hilton.com/en/attend-my-event/overeatersanonymousregion3/>

Region 3 is sending all correspondence for Fall Assembly by email, so please make sure that each representative(s) gets a copy of all information sent to their respective email addresses.

*Please reply* to this email to ensure your Intergroup is receiving the information.

**REMINDER:** We need the full names, email addresses and phone numbers of your Region Representatives and any Intergroup Chair changes so that we may update our Credentials Report accordingly prior to the Assembly. Please send to [R3recsec@gmail.com](mailto:R3recsec@gmail.com).

We look forward to seeing you in October!! Please contact me with any questions.

Vicki Wilcox  
Region 3 Recording Secretary  
435-610-2595