

Emotional Sobriety

Workshop presented by District 28

Saturday 10/24/26

3:30pm – 5pm

Alano Club 370 E 2nd St Lex, KY

“Thus I think it can work out with emotional sobriety. If we examine every disturbance we have, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand...I have been given a quiet place in bright sunshine.” - Bill W. 1958