

# San Francisco/Bay Area LifeRing Meetings

2/15/2019

For additions or changes, please contact the LifeRing Service Center at 1-800-811-4142 or [service@lifering.org](mailto:service@lifering.org)

LifeRing SF Face-to-Face Meetings, Sorted by County

## County: Alameda

### Livermore

Monday 6:00pm

Unitarian Universalist Church

92

Address: 1893 N.Vasco Rd., Livermore, CA 94551

Building/Room:

Focus: How Was Your Week?

Note:

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: Geoffrey L.

Phone: 415-845-3799

Email: [geoff.lane.phd@gmail.com](mailto:geoff.lane.phd@gmail.com)

Contact:

Phone:

Email:

### Union City

Monday 7:00pm

Kaiser Medical Building

166

Address: 3551 Whipple Rd., Union City, CA 94587

Building/Room: Building B, 3rd Floor, Rooms A & B

Focus: How Was Your Week?

Note: Does not meet if Kaiser is closed.

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: Chris H.

Phone:

Email: [cshappraisals@gmail.com](mailto:cshappraisals@gmail.com)

Contact:

Phone:

Email:

### Berkeley

Monday 8:00pm

Herrick Hospital

28

Address: 2001 Dwight Way, Berkeley, CA 94704

Building/Room: Basement Level A

Focus: How Was Your Week?

Note:

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: Bill C.

Phone: 510.548.9111

Email: [andreegraham@yahoo.com](mailto:andreegraham@yahoo.com)

Contact:

Phone:

Email:

### San Leandro

Tuesday 6:15pm

Kaiser Hospital

75

Address: 2500 Merced St., San Leandro, CA 94577

Building/Room: Room A-13, first floor

Focus: How Was Your Week?

Note:

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: Craig O.

Phone: 510-517-3345

Email: [bigox54@sbcglobal.net](mailto:bigox54@sbcglobal.net)

Contact:

Phone:

Email:

### Oakland

Tuesday 6:45pm

Kaiser AMRS

23

Address: 380 W. MacArthur Blvd, Oakland, CA 94609

Building/Room: Room 4

Focus: How Was Your Week?

Note: Does not meet if Kaiser is closed

Map: [Click here for a Google map](#)

Local LifeRing Website: <http://liferingsf.org/>

Contact: D. Woodsum

Phone:

Email: [woodsumconstructioninc@gmail.com](mailto:woodsumconstructioninc@gmail.com)

Contact:

Phone:

Email:

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LifeRing SF Face-to-Face Meetings, Sorted by County

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**Oakland** **Tuesday 8:30pm** **MPI** 119

*Address:* 3100 Summit St., Oakland, CA 94609

*Building/Room:* 5th Floor, Rm 4

*Focus:* How Was Your Week?

*Note:*

*Map:* [Click here for a Google map](#)

*Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Liisa P.

*Phone:*

*Email:* [liisapine@gmail.com](mailto:liisapine@gmail.com)

*Contact:*

*Phone:*

*Email:*

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**Fremont** **Wednesday 6:00pm** **LifeRing @ Fremont Hospital CDRP** 60

*Address:* 39021 Sundale Drive, Fremont, CA 94538

*Building/Room:* The clinic building across the parking lot from the main hospital

*Focus:* How Was Your Week?

*Note:*

*Map:* [Click here for a Google map](#)

*Local LifeRing Website:*

*Contact:* Chris H.

*Phone:*

*Email:* [chris@cshappraisals.com](mailto:chris@cshappraisals.com)

*Contact:*

*Phone:*

*Email:*

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**Alameda** **Wednesday 6:30pm** **Home of Truth Spiritual Center** 241

*Address:* 1300 Grand St, Alameda, CA 94501

*Building/Room:* Upstairs

*Focus:* How Was Your Week?

*Note:*

*Map:* [Click here for a Google map](#)

*Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Gary B

*Phone:* no phone number

*Email:* [lfmgary@gmail.com](mailto:lfmgary@gmail.com)

*Contact:*

*Phone:*

*Email:*

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**Hayward** **Thursday 1:45pm** **Aldon Oliver Sports Park** 151

*Address:* 2580 Eden Park Pl, Hayward, CA 94587

*Building/Room:* park benches by the ticket office near the main parking lot

*Focus:* How Was Your Week?

*Note:*

*Map:* [Click here for a Google map](#)

*Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Greg S.

*Phone:*

*Email:* [starke49@pacbell.net](mailto:starke49@pacbell.net)

*Contact:* Jacqueline R.

*Phone:*

*Email:* [jaykr@att.net](mailto:jaykr@att.net)

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**Oakland** **Thursday 6:00pm** **Kaiser AMRS** 104

*Address:* 380 W. MacArthur Blvd, Oakland, CA 94609

*Building/Room:* Room 2

*Focus:* How Was Your Week?

*Note:* Does not meet if Kaiser is closed

*Map:* [Click here for a Google map](#)

*Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* D. Woodsum

*Phone:*

*Email:* [woodsumconstructioninc@gmail.com](mailto:woodsumconstructioninc@gmail.com)

*Contact:*

*Phone:*

*Email:*

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**Berkeley** **Thursday 7:30pm** **Herrick Hospital** 129

*Address:* 2001 Dwight Way, Berkeley, CA 94704

*Building/Room:*

*Focus:* How Was Your Week?

*Note:*

*Map:* [Click here for a Google map](#)

*Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Paul A.

*Phone:*

*Email:* [eastbay.pda@gmail.com](mailto:eastbay.pda@gmail.com)

*Contact:*

*Phone:*

*Email:*

**Union City** **Friday 6:00pm** **Kaiser Medical Building** 212

*Address:* 3551 Whipple Rd, Union City, CA 94587

*Building/Room:* Building B, Third Floor, Room 3D or Room 3C

*Focus:* How Was Your Week?

*Note:* Does not meet if Kaiser is closed

*Map:* [Click here for a Google map](#)

*Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Tim B.

*Phone:*

*Email:* [timothybliss@comcast.net](mailto:timothybliss@comcast.net)

*Contact:*

*Phone:*

*Email:*

**Oakland** **Saturday 10:00am** **Kaiser AMRS** 82

*Address:* 380 W. MacArthur Blvd, Oakland, CA 94609

*Building/Room:* Room 1A&B

*Focus:* How Was Your Week?

*Note:* Does not meet if Kaiser is closed

*Map:* [Click here for a Google map](#)

*Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Patrick K

*Phone:*

*Email:* [me@patrickkelleher.me](mailto:me@patrickkelleher.me)

*Contact:*

*Phone:*

*Email:*

**Dublin** **Saturday 11:00am** **John Knox Presbyterian Church** 199

*Address:* 7421 Amarillo Rd., Dublin, CA 94568

*Building/Room:* Look for signs

*Focus:* How Was Your Week?

*Note:*

*Map:* [Click here for a Google Map](#)

*Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Dru B.

*Phone:*

*Email:* [dru.boyd@yahoo.com](mailto:dru.boyd@yahoo.com)

*Contact:*

*Phone:*

*Email:*

**Hayward** **Saturday 5:00pm** **New Bridges Outreach Center** 64

*Address:* 27287 Patrick Ave, Hayward, CA 94544

*Building/Room:* 2nd Floor

*Focus:* How Was Your Week?

*Note:*

*Map:* [Click here for a Google map](#)

*Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Chris H.

*Phone:*

*Email:* [cshappraisals@gmail.com](mailto:cshappraisals@gmail.com)

*Contact:*

*Phone:*

*Email:*

**San Leandro**                      **Saturday 9:30am**                      **All Saint's Episcopal Church**                      250*Address:* 911 Dowling Boulevard, San Leandro, CA 94577*Building/Room:* Fireside Room*Focus:* How Was Your Week?*Note:**Map:* [Click here for a Google map](#)*Local LifeRing Website:* <http://liferingsf.org/>*Contact:* John O*Phone:* (510) 357-5273*Email:* [maddogclc@gmail.com](mailto:maddogclc@gmail.com)*Contact:**Phone:**Email:***Oakland**                      **Sunday 11:00am**                      **Kaiser Hospital**                      156*Address:* 3600 Broadway, Oakland, CA 94611*Building/Room:* Room at (lower lever) LL HH-2*Focus:* How Was Your Week?*Note:**Map:* [Click here for a Google map](#)*Local LifeRing Website:* <http://liferingsf.org/>*Contact:* John A.*Phone:**Email:* [jra8300@sbcglobal.net](mailto:jra8300@sbcglobal.net)*Contact:**Phone:**Email:***Hayward**                      **Sunday 5:00pm**                      **New Bridges Outreach Center**                      446*Address:* 27287 Patrick Ave, Hayward, CA 94544*Building/Room:* 2nd Floor*Focus:* How Was Your Week?*Note:**Map:* [Click here for a Google map](#)*Local LifeRing Website:* <http://liferingsf.org/>*Contact:* Don S*Phone:* 510-331-5629*Email:* [arthurdonaldsalazar53@gmail.com](mailto:arthurdonaldsalazar53@gmail.com)*Contact:**Phone:**Email:***County: Contra Costa****Antioch**                      **Monday 11:00am**                      **Kaiser CDRP**                      330*Address:* 3454 Hillcrest Ave., Antioch, CA 94531*Building/Room:* Rm 2A*Focus:* How Was Your Week?*Note:* Does not meet if Kaiser is closed*Map:* [Click here for a Google map](#)*Local LifeRing Website:* <http://liferingsf.org/>*Contact:* Scott H.*Phone:* 9252508572*Email:* [ichabodx9@yahoo.com](mailto:ichabodx9@yahoo.com)*Contact:**Phone:**Email:***Walnut Creek**                      **Tuesday 7:30pm**                      **Kaiser Medical Center**                      160*Address:* 1425 S. Main St, Walnut Creek, CA 94596*Building/Room:* MAPLE CONFERENCE ROOM*Focus:* How Was Your Week?*Note:**Map:* [Click here for a Google map](#)*Local LifeRing Website:* <http://liferingsf.org/>*Contact:* Rick M.*Phone:**Email:* [mcpeakrs@comcast.net](mailto:mcpeakrs@comcast.net)*Contact:**Phone:**Email:*



**County: Marin**

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**San Rafael**                                      **Monday 7:30pm**                                      **Bayside Marin**                                      172

*Address:* 718 4th St., San Rafael, CA 94901

*Building/Room:* Meeting Room

*Focus:* How Was Your Week?

*Note:*

*Map:* [Click here for a Google map](#)                                      *Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Coby S.                                      *Phone:*                                      *Email:* [cobysmolens@gmail.com](mailto:cobysmolens@gmail.com)

*Contact:*                                      *Phone:*                                      *Email:*

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**San Rafael**                                      **Wednesday 6:45pm**                                      **San Rafael Kaiser CDU**                                      134

*Address:* 111 Smith Ranch Rd., San Rafael, CA 94903

*Building/Room:* Mt. Tam Room

*Focus:* How Was Your Week?

*Note:* Look for sign

*Map:* [Click here for a Google map](#)                                      *Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Steve B.                                      *Phone:* (415) 320-2181                                      *Email:* [sberkley@me.com](mailto:sberkley@me.com)

*Contact:*                                      *Phone:*                                      *Email:*

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**Mill Valley**                                      **Thursday 6:15pm**                                      **Recovery Without Walls**                                      162

*Address:* 3 Madrona Street, Mill Valley, CA 94941

*Building/Room:*

*Focus:* How Was Your Week?

*Note:* Corner of Madrona Street @ Throckmorton Ave

*Map:* [Click here for a Google map](#)                                      *Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Stephanie S                                      *Phone:*                                      *Email:* [stephsart@comcast.net](mailto:stephsart@comcast.net)

*Contact:*                                      *Phone:*                                      *Email:*

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**San Rafael**                                      **Friday 6:30pm**                                      **San Rafael Kaiser CDU**                                      315

*Address:* 111 Smith Ranch Rd., San Rafael, CA 94903

*Building/Room:* Yosemite Room

*Focus:* How Was Your Week?

*Note:* Look for sign

*Map:* [Click here for a Google map](#)                                      *Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Coby S.                                      *Phone:* 415-747-5709                                      *Email:* [cobysmolens@gmail.com](mailto:cobysmolens@gmail.com)

*Contact:*                                      *Phone:*                                      *Email:*

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**County: San Francisco**

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**San Francisco**                                      **Monday 7:15pm**                                      **Kaiser CDRP**                                      70

*Address:* 1201 Fillmore St, San Francisco, CA 94115

*Building/Room:* Room 5

*Focus:* How Was Your Week?

*Note:* We do not meet on holidays

*Map:* [Click here for a Google map](#)                                      *Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Jim V.                                      *Phone:* 415.515.0321                                      *Email:* [jimvanover@sbcglobal.net](mailto:jimvanover@sbcglobal.net)

*Contact:*                                      *Phone:*                                      *Email:*

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**San Francisco** **Tuesday 1:00pm** **Kaiser CDRP** 90*Address:* 1201 Fillmore St., San Francisco, CA 94115*Building/Room:* Room 8*Focus:* How Was Your Week?*Note:* We do not meet on holidays*Map:* [Click here for a Google map](#)*Local LifeRing Website:* <http://liferingsf.org/>*Contact:* Jim V.*Phone:* 415.515.0321*Email:* [jimvanover@sbcglobal.net](mailto:jimvanover@sbcglobal.net)*Contact:**Phone:**Email:***San Francisco** **Wednesday 12:15pm** **SF VAMC** 339*Address:* 4150 Clement St, San Francisco, CA 94121*Building/Room:* Bldg 203, Rm GA-48*Focus:* How Was Your Week?*Note:* Open to military, active or retired only*Map:* [Click here for a Google map](#)*Local LifeRing Website:* <http://liferingsf.org/>*Contact:* Tonisa C.*Phone:* 806.290.1293*Email:* [tlardy2002@gmail.com](mailto:tlardy2002@gmail.com)*Contact:**Phone:**Email:***San Francisco** **Friday 6:00pm** **Women's Building** 372*Address:* 3543 18th St, San Francisco, CA 94110*Building/Room:* Room B*Focus:* Workbook Meeting*Note:* between Valencia and Guerrero*Map:* [Click here for a Google map](#)*Local LifeRing Website:* <http://liferingsf.org/>*Contact:* David H.*Phone:* (415) 651-4558*Email:* [davidh.lifering@gmail.com](mailto:davidh.lifering@gmail.com)*Contact:**Phone:**Email:***San Francisco** **Saturday 10:00am** **San Francisco LGBT Community Center** 207*Address:* 1800 Market Street, San Francisco, CA 94102*Building/Room:* Room 203, 2nd Floor*Focus:* How Was Your Week?*Note:**Map:* [Click here for a Google map](#)*Local LifeRing Website:* <http://liferingsf.org/>*Contact:* Monica F*Phone:**Email:* [monica@pacetua.com](mailto:monica@pacetua.com)*Contact:**Phone:**Email:***County: San Mateo****Burlingame** **Monday 7:00pm** **Mills-Peninsula Hospital** 85*Address:* 1501 Trousdale Dr., Burlingame, CA 94010*Building/Room:* Bldg B, 1st floor, Rm D*Focus:* How Was Your Week?*Note:**Map:* [Click here for a Google map](#)*Local LifeRing Website:* <http://liferingsf.org/>*Contact:* Mary Beth*Phone:**Email:* [marybeth@lifering.org](mailto:marybeth@lifering.org)*Contact:**Phone:**Email:*

**Pacifica** **Wednesday 6:00pm** **Pacifica Resource Center** 4

*Address:* 1809 Palmetto Ave., Pacifica, CA 94044

*Building/Room:*

*Focus:* How Was Your Week?

*Note:* Closed on the major holidays

*Map:* [Click here for a Google Map](#)

*Local LifeRing Website:* <https://twitter.com/lifering94044>

*Contact:* Corrinne E.

*Phone:*

*Email:* [liferingcorrinnepacifica@gmail.com](mailto:liferingcorrinnepacifica@gmail.com)

*Contact:*

*Phone:*

*Email:*

**San Bruno** **Thursday 12:00pm** **San Bruno VA Clinic** 328

*Address:* 1001 Sneath Lane, San Bruno, CA 94066

*Building/Room:* V.A. Clinic, 3rd Floor

*Focus:* How Was Your Week?

*Note:* 1 hour meeting

*Map:* [Click here for a Google map](#)

*Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Edward G.

*Phone:* 415-468-4814

*Email:* [emg1946@comcast.net](mailto:emg1946@comcast.net)

*Contact:*

*Phone:*

*Email:*

**San Mateo** **Saturday 12:00pm** **Mills Peninsula Health Services** 232

*Address:* 100 S. San Mateo Dr, San Mateo, CA 94401

*Building/Room:* 1st floor, The Garden Room

*Focus:* How Was Your Week?

*Note:*

*Map:* [Click here for a Google map](#)

*Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Betsy Y.

*Phone:* 650.576.9316

*Email:* [betsyawn@aol.com](mailto:betsyawn@aol.com)

*Contact:*

*Phone:*

*Email:*

**County: Santa Clara**

**San Jose** **Monday 7:30pm** **Kaiser** 214

*Address:* 5755 Cottle Rd., San Jose, CA 95123

*Building/Room:* Building #23, Room #3

*Focus:* How Was Your Week with introduction to LifeRing included

*Note:*

*Map:* [Click here for a Google map](#)

*Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Rob A.

*Phone:* 831-212-0297

*Email:* [liferingsj@gmail.com](mailto:liferingsj@gmail.com)

*Contact:*

*Phone:*

*Email:*

**Mountain View** **Wednesday 7:30pm** **LifeRing at El Camino Hospital** 74

*Address:* 2400 Grant Road, Mountain View, CA 94040

*Building/Room:* Park Pavilion (YMCA building), room 'L'

*Focus:* How Was Your Week?

*Note:*

*Map:* [Click here for a Google map](#)

*Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Byron K.

*Phone:* 925.922.3553

*Email:* [byron@lifering.org](mailto:byron@lifering.org)

*Contact:*

*Phone:*

*Email:*



**San Jose** **Friday 7:30pm** **Christ the Good Shepherd Church** 72

*Address:* 1550 Meridian Ave., San Jose, CA 95125

*Building/Room:*

*Focus:* How Was Your Week?

*Note:*

*Map:* [Click here for a Google map](#)

*Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Byron K.

*Phone:* 925.922.3553

*Email:* [byron@lifering.org](mailto:byron@lifering.org)

*Contact:*

*Phone:*

*Email:*

**County: Solano**

**Vacaville** **Monday 7:00pm** **Kaiser Hospital** 358

*Address:* 1 Quality Dr, Vacaville, CA 95688

*Building/Room:* Bldg A, 1st Floor

*Focus:* How Was Your Week?

*Note:* behind Peets Coffee

*Map:* [Click here for a Google map](#)

*Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Darlene B.

*Phone:* 707.392-8056

*Email:* [lrvacaville@gmail.com](mailto:lrvacaville@gmail.com)

*Contact:*

*Phone:*

*Email:*

**Vallejo** **Tuesday 12:00pm** **Kaiser CDRP** 110

*Address:* 800 Sereno Dr., Vallejo, CA 94589

*Building/Room:*

*Focus:* How Was Your Week?

*Note:* Sign @ check-in desk

*Map:* [Click here for a Google map](#)

*Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Charisse L.

*Phone:* 707 712-8481

*Email:* [Charisselee1@hotmail.com](mailto:Charisselee1@hotmail.com)

*Contact:*

*Phone:*

*Email:*

**Benicia** **Tuesday 7:00pm** **First Baptist Church of Benicia** 289

*Address:* 1055 Southampton Rd, Benicia, CA 94510

*Building/Room:* Meeting Room D

*Focus:* How Was Your Week?

*Note:* Look for sign

*Map:* [Click here for a Google map](#)

*Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* George K.

*Phone:* 805-220-8328

*Email:* [denkst@gmail.com](mailto:denkst@gmail.com)

*Contact:* Greg C.

*Phone:* 707-771-0490

*Email:* [gscox@pacbell.net](mailto:gscox@pacbell.net)

**Vacaville** **Thursday 12:15pm** **Kaiser Hospital** 180

*Address:* 1 Quality Dr, Vacaville, CA 95688

*Building/Room:* Meet in the waiting area prior to getting a meeting room

*Focus:* Women's only meeting

*Note:*

*Map:* [Click here for a Google map](#)

*Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Valerie R.

*Phone:*

*Email:* [52valerie52@gmail.com](mailto:52valerie52@gmail.com)

*Contact:*

*Phone:*

*Email:*

**Vacaville**

**Thursday 7:00pm**

**Kaiser Hospital**

293

*Address:* 1 Quality Dr, Vacaville, CA 95688

*Building/Room:* Bldg A, 1st Floor

*Focus:* How Was Your Week?

*Note:* behind Peets Coffee

*Map:* [Click here for a Google map](#)

*Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Brian P.

*Phone:* 707.689.8036

*Email:* [lrvacaville@gmail.com](mailto:lrvacaville@gmail.com)

*Contact:*

*Phone:*

*Email:*

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**Vallejo**

**Friday 12:00pm**

**Kaiser CDRP**

127

*Address:* 800 Sereno Dr., Vallejo, CA 94589

*Building/Room:*

*Focus:* How Was Your Week?

*Note:*

*Map:* [Click here for a Google map](#)

*Local LifeRing Website:* <http://liferingsf.org/>

*Contact:* Terry H.

*Phone:*

*Email:* [terryghill@att.net](mailto:terryghill@att.net)

*Contact:*

*Phone:*

*Email:*

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