

A NEW FREEDOM AND A NEW HAPPINESS

Getting and Staying Abstinent

March 21, 2021

Sunday: 9:30 am – 3:00 pm EST



Are you obsessed with food, searching for a way to stop the compulsion? Do you stay abstinent for a while but repeatedly go back to the food? Or maybe you're abstinent, but you're missing out on the freedom and happiness promised in the Big Book.

Whatever your experience, you are welcome at this virtual workshop. Four exciting OA speakers will tell you how they use OA's Twelve Steps and tools as an avenue to abstinence from compulsive eating and peace of mind in their daily lives.

VIA ZOOM

Meeting ID:

244 200 4595

Passcode: SWFLOA

BY PHONE

1 301 715 8592

or 1 669 900 9128

ID: 244 200 4595

Passcode: 444710

There is no registration or charge for the workshop. A 7th tradition donation is recommended – details will be provided.

PRESENTED BY SOUTHWEST FLORIDA INTERGROUP

For additional information contact:

Jill B. 310-968-3741 or

Carol G. 716-289-4065 (text)

