

**The Overeaters Anonymous Region 8
Twelfth Step Within Committee Presents:**

International Day Experiencing Abstinence (IDEA)

Emotional Sobriety Workshop



Sunday, November 17, 2024

3:00 p.m. to 5:00 p.m. ET (2:00 p.m. to 4:00 p.m. CT)

Three Guest Speakers Followed by “Ask it Basket” Q & A

ZOOM ID: 844 3994 7859 PASSCODE: 176481

Join Zoom Meeting:

<https://us02web.zoom.us/j/84439947859?pwd=WXE3Q0U3eUM0TDZZVDZFWDVRS3VNUT09>

**Please consider giving a Seventh Tradition Donation to Region 8 at
<https://oaregion8.org/region-8/contributions>**

For More Information, Contact:

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