

Explore GRATITUDE and ACTION PLANS in OA

Gratitude isn't a feeling...it's an ACTION

(Just in time for Thanksgiving)



Speakers

Hiking



Writing

Saturday, November 14th

1:00 - 4:30 pm

Optional Hiking time at 3:30 pm

Suggested donation: \$10 (no one turned away for lack of funds)

New Location The Audubon Society at Debs Park

4700 North Griffin Ave.

Los Angeles, CA 90031

Off the 110 freeway east at the AVE 52 exit

Sponsored by Overeaters Anonymous Foothill Intergroup