

Overeaters Anonymous San Fernando Valley Intergroup
Workshop Committee Presents

SPRING INTO RECOVERY!



CREATE A PRACTICAL DAILY ACTION PLAN!

How do you work the 12 Steps?

How do you use the 9 Tools?

How do you practice the principles of the program?

How do you enhance your physical, emotional, and spiritual recovery?

Come and share your recovery with your fellows!

DATE: Saturday, March 5, 2016
TIME: 2 - 4 pm
LOCATION: OA Office
20121 Ventura Blvd, #315, Woodland Hills 91364
BRING: Writing materials (Pen or pencil, writing paper or journal)
COST: FREE (We will practice the 7th Tradition)
MORE INFO: Joanne S. (818) 939-4105 or Carla N. (818) 642-8543