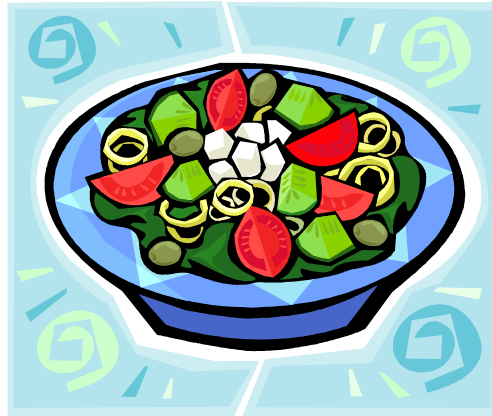


Sobriety with Food



Is food still calling to you?

Do you struggle with food obsession?

Do you ever doubt or question your abstinence?

Join us for a practical workshop focused not just on abstinence, but on sobriety with food.

Participants will learn about sober eating, create their own sober eating plan, and identify program tools to help support and maintain food sobriety.

Date: Sunday, October 23, 2016
Time: 2:00 pm – 4:00 pm
Location: OA SFVI Office
20121 Ventura Blvd #315, Woodland Hills 91364

Workshop is **FREE** – We will practice the 7th Tradition.
Please be prompt as maximum seating capacity is limited to 60 persons.