

ANNOUNCEMENT

“Sobriety with Food” Workshop

Dear Delegates:

Please read this announcement aloud at your meetings every week until the date of the event. Thank you so much!

On **Sunday, October 23, 2016**, the OA San Fernando Valley Intergroup will present a workshop on **Food Sobriety**. This is a practical workshop that will focus 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. ***Bring writing materials with you.***

DATE:	Sunday, October 23, 2016
TIME:	2:00 pm – 4:00 pm
LOCATION:	OA Office, 20121 Ventura Blvd, #315, Woodland Hills 91364
COST:	FREE (We will practice the 7 th Tradition)
MORE INFO:	Joanne S. (818) 939-4105 or Carla N. (818) 642-8543