

Sponsored by the OA Foothill Intergroup

# The F.A.Q. workshop



What is the difference between abstinence and a  
food plan?

How do I find a sponsor?

What does it mean to "work the steps?"

How does anyone meditate?

**Let's find out...**

**SATURDAY,  
MARCH 18<sup>TH</sup>**

9am – 4:30 pm (Break 12-1)

Neighborhood Church 301 N.

Orange Grove Blvd.

Pasadena, CA 91103

Questions? Jennifer 818-749-3216

Bring  
your  
lunch

Cost: \$20

No one  
turned away  
for lack of  
funds