



**HEAR 3 SPEAKERS LEAD AN INTIMATE  
WORKSHOP FOCUSING ON WHAT'S GOOD ABOUT  
OUR BODIES. FOLLOWED BY A Q&A, WRITING,  
SHARING AND GUIDED MEDITATION.**

- Do you have trouble seeing what's in the mirror?
- Do you have trouble being in your body?
- Would you like to enhance your relationship with your body?

---

**DATE:** Sunday, October 1, 2017

**TIME:** 2:00 – 4:00 PM

**LOCATION:** OA Office, 20121 Ventura Blvd, #315, Woodland Hills, 91364

**WHAT TO BRING:** Writing Materials (Pen/pencil, paper/journal)

**COST:** FREE (We will practice the 7th Tradition)

**MORE INFO:** Call Julie G. 310-467-3433 or Jessica F. 626-224-4290