



Sober Eating – A Workshop

Sponsored by the Orange County Intergroup of OA

A commitment to identifying those foods and eating behaviors which produce an allergic reaction and an alcoholic response.

All you need to bring is a pen and your willingness to take an honest look at how you nourish your body, mind and spirit.

**Date / Time: Saturday, November 3, 2018
9:00 a.m. – Noon**

**Location: Celebration Church
555 E. Memory Lane (Enter off Lawson)
Santa Ana, CA**

**Suggested Donation: \$10.00
No one turned away for lack of funds**

**For Info Contact: Heather (949) 300-1874
Frank P. (949) 842-3454**