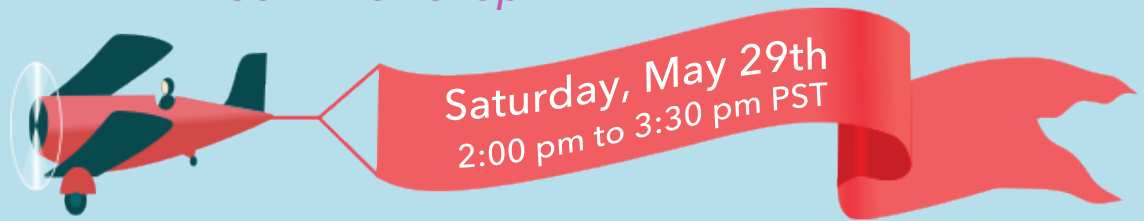




SAN FERNANDO VALLEY INTERGROUP PRESENTS

# ABSTINENCE No Matter What

*Zoom Workshop*



Saturday, May 29th  
2:00 pm to 3:30 pm PST

Learn the difference between abstinence  
and a food plan and so much more!

## What is Abstinence in Overeaters Anonymous?

“Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.”

Zoom Meeting ID (click to join) 811 3257 1804  
Passcode: 480200

