

FOOD FREEDOM



The Women's Sober Recovery Workshop - Learn What Food Sobriety is

*Are you struggling with abstinence? Do you
hear yourself saying...*

"I ate too much, but here's the recovery."

"My food is getting wonky."

"I'm abstinent, but I'm in the food."

"I'm technically abstinent."

**Join our hybrid workshop and learn
how to gain food peace and freedom
around food.**

November 16, 2025 | 1:00-2:45PM PST

**Zoom: 832 1591 7624
PW: 166704**

**Radford Hall- 4849 Van Nuys Blvd, Suite 103
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