

*"2nd Sunday
of the Month"*
e-WORKSHOP Series



Abstinence

and Keeping It; The Difference Between Abstinence and a Plan of Eating

"Abstinence: The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight." Join in to hear from 3 speakers - their personal experience, strength and hope with becoming abstinent. Learn how they keep their abstinence one day at a time! Suggestions for newcomers and those in relapse or struggling! We will hear a broader focus on the differentiation between the concepts and overall reminders and experience on how the theme of "Progress not Perfection" could be helpful.

VIRTUAL REGION **WORKSHOP ROOM**

<https://zoom.us/j/89165540024>
Password: 120912

Dial by your location
+1 646 558 8656 US (New York)
+1 346 248 7799 US (Houston)
+1 253 215 8782 US (Tacoma)

Meeting ID: 891 6554 0024
Password: 120912

Arrive 15 min. early for basic zoom
online orientation tips!

For international dial in numbers:
<https://zoom.us/zoomconference>

SUNDAY NOV8th **3-4:30pm EST**

Eastern Standard Time
(GMT-5/ UTC-5)



Suggested workshop
contribution \$5
[oavirtualregion.org/region/
seventh-tradition/](https://oavirtualregion.org/region/seventh-tradition/)

"We are all one. We are OA"

For More Information:

oavirtualregion.org/events/workshops/

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