

SAN DIEGO OVEREATERS ANONYMOUS PRESENTS ABSTINENCE IN...

Join us to learn how to protect and preserve your abstinence
whatever the season, holiday or any occasion. Learn to
live being neutral with the past and using
forgiveness as a tool. Share your
successful strategies for
self-care and success.

THE REAL WORLD WORKSHOP

DECEMBER 1ST

1:00-3:00 PM PST

ZOOM ID #:

860 9953 4759

PASSCODE: 8236 18

All are welcome. No registration necessary. The Seventh Tradition
will be observed. You may donate at oasandiego.org/seventhtrad

Questions? Contact Workshops@oasandiego.org