

A VIRTUAL OA EVENT HOSTED BY
THE DC-METRO AREA INTERGROUP

Special Virtual Event:

12-Step Recovery Panel on

100 Pounders!

Sat, Nov 20th, 2021, 1pm to 2:30pm



This is a special focus webinar of Overeaters Anonymous that addresses the needs of those of us who have released or needs to release 100 pounds or more. **THIS WEBINAR IS OPEN TO EVERYONE**

Join OAs from around the world as we hear from a panel who have lost more than 100 pounds sharing their experience, strength, and hope specifically on working 12-steps.

Register: <https://tinyurl.com/DCOA2021November>

For more info, visit our event calendar:

<https://oa-dcmetro.org/activities/>