



# IDEA DAY

International Day Day of Experiencing Abstinence  
Saturday November 19<sup>th</sup> 2-4 p.m. EST

Virtual Workshop

Speakers, Q&A, Journaling and Sharing

Presented by BAIG (Baltimore Area Integroup)

Come join us to learn how members are experiencing  
abstinence one day at a time.

- Zoom Link

<https://us02web.zoom.us/j/7310889762?pwd=QklrWFFPZmhCdUM1bTB4SjZ5bnk5dz09>, Meeting ID: 731 088 9762

Passcode: BeAbstn8; One tap mobile

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