



How Our Disease Can Fool Us

There are many ways this **cunning, baffling** and **powerful** disease of compulsive eating can fool us. April Fool's Day is a good day to remember how easy it is to fall into denial, and to instead, become aware of our unique avenues of vulnerability.

**The Saturday "One Step at a Time" meeting invites you to join us
IN-PERSON as we examine our food foolishness.***

Saturday
April 1, 2023
9am- 12 Noon

(Feel free to arrive as early as 8:30 am for fellowship time!)

BuxMont Unitarian Universalist Church*

2040 W Street Road, Warrington, PA 18976

(Parking is handicap accessible)

**SPEAKERS • BREAKOUT SESSION • RAFFLE
Q&A PANEL • FELLOWSHIP**

QUESTIONS? Contact Trish M at 215-355-8807 or email trixie28@comcast.net.

*(*Please be aware that this workshop is **NOT** being held at our usual location in Willow Grove)*