

**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: 823618**

**All are welcome. No registration necessary. The Seventh Tradition  
will be observed. You may donate at [oasandiego.org/seventhtrad](https://oasandiego.org/seventhtrad)**

**Questions? Contact [Workshops@oasandiego.org](mailto:Workshops@oasandiego.org)**