

# BODY IMAGE WORKSHOP

*Create a New Body Image through the 12 Steps.*

Zoom Link: <https://us02web.zoom.us/j/86834871890>

ID: 868 3487 1890

SUNDAY,  
OCTOBER 27

1:00-3:00PM PT



*Changing our old beliefs and  
challenging our self-criticism, we  
can embrace our strengths and  
who we truly are. This nurturing  
workshop will encourage  
self-love and resilience,  
guiding us all toward  
a journey of body  
image acceptance  
and healing.*

All are Welcome. No registration is necessary.

The 7th Tradition will be observed.

You may donate here: [oasandiego.org/seventhtrad](https://oasandiego.org/seventhtrad)

Offered by the San Diego Intergroup. Questions?  
Contact Elyesse at [workshops@sandiego.org](mailto:workshops@sandiego.org)

