

OVEREATERS ANONYMOUS SAN DIEGO  
**EMOTIONAL SOBRIETY:  
LASTING FREEDOM**

**Do you "eat" your feelings?**

Three speakers will share their experience,  
strength, and hope.

- Hear practical tools to respond to life's challenges
- Transform emotions with the 12-steps
- Nurture balance, resilience, and emotional honesty

**Sunday, May 18, 1:00p–3:00p PT**

Zoom: <https://tinyurl.com/SDEmotional>

Zoom ID: 865 5076 8629 PW: 886534

\$5 suggested donation, no one turned away

<https://oasandiego.org/seventhtrad/>

Questions: [workshops@oasandiego.org](mailto:workshops@oasandiego.org)