

Sobriety With Food Workshop



Understanding Food Addiction / What Food Sobriety Means

Sunday, September 14, 2025

**3:00 – 5:00 pm CST
(1:00 – 3:00 pm PST)**

- Obtain clarity and stability around food
- Begin to recover or better sustain your recovery
- Initiate your personal sober eating plan

Zoom Login:
ID – 163 878 393
Passcode – 694921

For more information, please contact Cindy W. at
bethechange@cheerful.com or 714-651-1439.