

# FOOD FREEDOM



**The Women's Sober Recovery Workshop - Learn What Food Sobriety is**

*Are you struggling with abstinence? Do you  
hear yourself saying...*

*"I ate too much, but here's the recovery."*

*"My food is getting wonky."*

*"I'm abstinent, but I'm in the food."*

*"I'm technically abstinent."*

**Join our hybrid workshop and learn  
how to gain food peace and freedom  
around food.**

**November 16, 2025 | 1:00-2:45PM PST**

**Zoom: 832 1591 7624  
PW: 166704**

**Radford Hall- 4849 Van Nuys Blvd, Suite 103  
Sherman Oaks, CA 91403**

Contact Reva S.  
323-646-0644  
Reva.stark1@gmail.com

