



I.D.E.A Day Workshop

Hosted by the Baltimore Area Intergroup of Overeaters Anonymous

**Sunday, November 16 from 3:00-4:30 PM
at the**

**The Serenity Center: 9650 Basket Ring Road
Columbia, MD 21045**

*Abstinence feeds the soul; compulsive overeating feeds the
illness*

Please join us as we gather to celebrate International Day of Experiencing Abstinence and strengthen our recovery going into the holiday season. We will have a Q&A session about the experience of abstinence featuring a panel of fellows followed by selected readings and sharing.

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