



OVEREATERS ANONYMOUS
SAN DIEGO

WORKSHOP

Abstinence Through the Holidays

DECEMBER 13 | 11A - 1P PACIFIC

ZOOM LINK: [HTTPS://TINYURL.COM/SDOAHOLIDAY](https://tinyurl.com/SDOAHOLIDAY)

MEETING ID: 885 1413 2388 | PASSCODE: 121027

Join us for a supportive workshop to navigate the holidays!

- **Find solutions in the 12 Steps:** Manage cravings and emotions.
- **Speakers share insights:** Stay abstinent, enjoy peaceful holidays.
- **Join the conversation:** Share your own experiences and connect with others.

\$5 Suggested donation, no one turned away
[HTTPS://OASANDIEGO.ORG/SEVENTHTRAD/](https://oasandiego.org/seventhtrad/)

Questions: workshops@oasandiego.org