

OVEREATERS ANONYMOUS SAN DIEGO

WHEN IN DOUBT, TOOL IT OUT

Triggered? Overwhelmed?
Put down the fork. Pick up the Tools of
OA recovery.

**ZOOM WORKSHOP:
SUNDAY, MARCH 29TH, 1-3P PT**

Zoom: <https://tinyurl.com/OASDTools2026>
Meeting ID: 894 9298 5630 | Passcode: 420926



Join us for a supportive workshop:

- Use the tools to handle cravings and emotions.
- Hear recovery insights on staying abstinent.
- Share and connect with others in recovery.

\$5 Suggested donation, no one turned away
<https://oasandiego.org/seventhtrad/>

Questions: workshops@oasandiego.org

