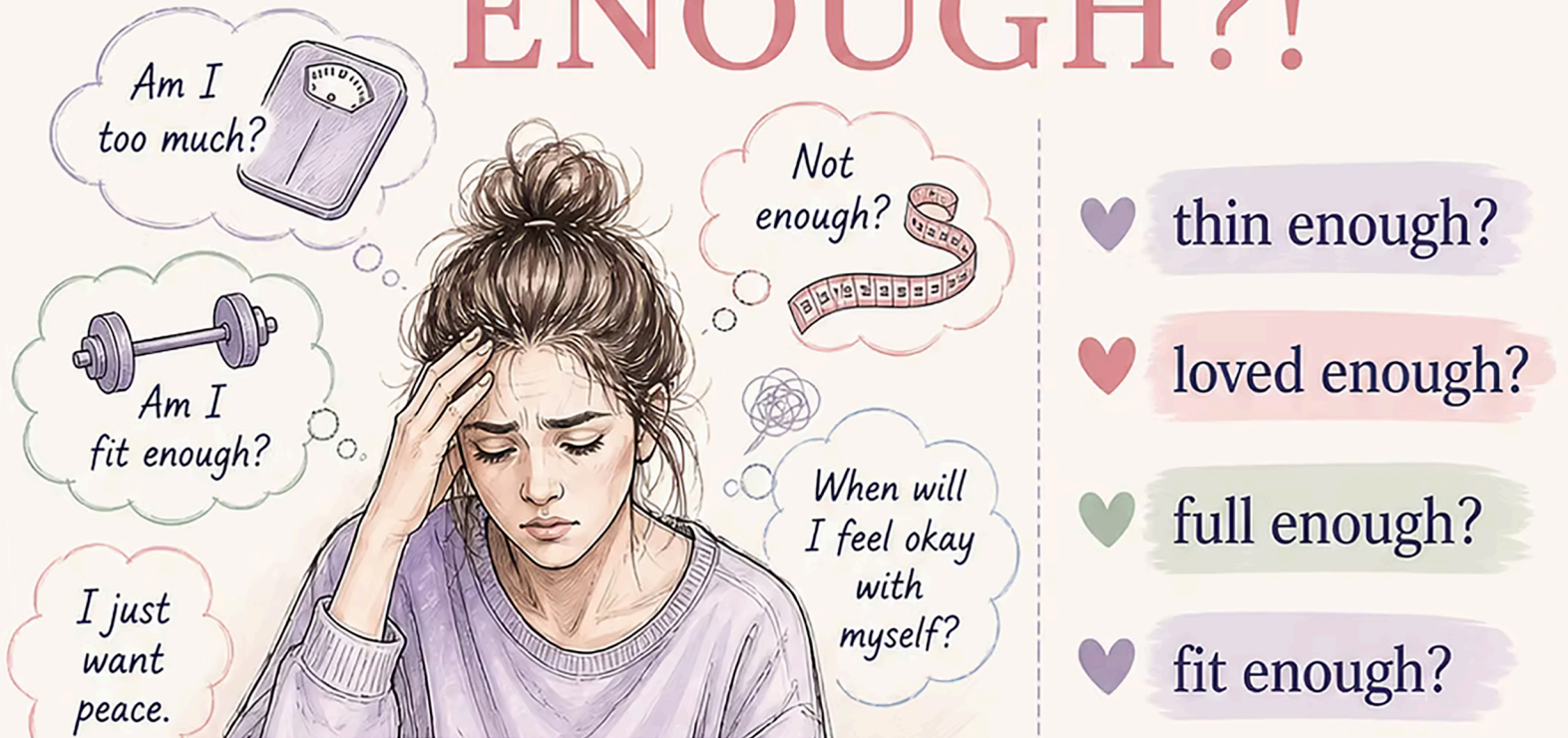


When is “Good Enough”... ENOUGH?!



June 13, 2026, 2:30-4:00 ET

Join us as we explore the negative thoughts and feelings connected to never feeling “enough” and how recovery through the Twelve Steps can bring hope and change.

Members will share their experience, strength, and hope around recovery from anorexia, bulimia, compulsive exercise, and struggles with self-worth and perfectionism.

Participants will also have an opportunity to share their own experience and connect with others in recovery.

All are welcome.

Zoom Meeting ID: 81688628727

Passcode: 561561