



# Pre-Convention Workshop

Friday, April 12, 2024

10:30 am – 2:30 pm

Lunch Break Noon- 1:00 pm

Order in or Bring Your Lunch.

Enjoy fellowship!

*Plan to check-in early following the Pre-Convention Workshop*

Scholarships are available for residents of Eastern WI [convention@oamilwaukee.org](mailto:convention@oamilwaukee.org)

414/259-0640



## A Loving Body Image and the Twelve Steps

Friday, April 12 10:30 am - 2:30 pm 12 - 1 pm break: You may attend the Pre-Convention Workshop only.	Limited to 50 <b>\$35.00</b>
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Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

Phone \_\_\_\_\_ email \_\_\_\_\_

Register by phone at 414/259-0640 or mail this form (with check payable to Milwaukee Area Intergroup) to OA-MAI, PO Box 270054, Milwaukee, WI 53227

[Refunds available through April 8, 2024; processing fees may apply]

What has been your relationship to your body? Disconnection? Self-hatred? Obsession? Hear experience, strength and hope from other members.

How has the way you have obsessed over your body affected your life: ie, socializing, going to beach or pool, intimacy, self-confidence?

This workshop looks at Body Image through each of the 12 steps. Activities include: reading of OA literature, prayer, writing and affirmations. Limited sharing.



Sponsored by the Milwaukee Area Intergroup of Overeaters Anonymous

Reflect. Listen to experience, strength and hope of other members. Add your Voice of Recovery to carry the message.

Leave with your own Step 1, 2 and 3 writings, your own 4<sup>th</sup> Step body image inventory, Step 6 and 7 writings to be shared later with sponsor or recovery buddy, written Step 9 amends to yourself, your own Step 10 affirmation, a Step 11 letter from your own HP and more.

Susan L and Colleen T who have developed and presented this workshop over the past 15 years, primarily in and around LA. OA-MAI is grateful that they have shared it with OA-MAI for this Convention. This workshop has been presented at the annual OA Birthday Party each January for a number of years.

### Sheraton Brookfield

375 S Moorland Rd  
Brookfield, WI 53005

Thursday, April 11 is available as part of the Room Block