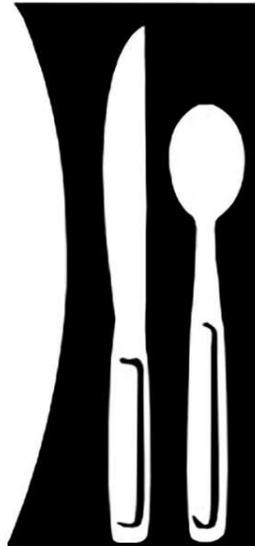




**Do you
have a
problem
with
food?**



**Newcomers
Workshop:
The Tools of Recovery**

Virtual Workshop
Saturday, July 10
10:00 am – Noon

Join Zoom Meeting

Meeting ID: 850 9549 6827

Passcode: 1212

Join by Phone 312/626-6799

Meeting ID: 850 9549 6827#

Passcode: 1212

Are you a newcomer to OA? If you've been a member for two years or less, or consider yourself a newcomer, then this workshop is for you. Learn more about working the program for effective recovery. Get questions answered. Meet other members — including other newcomers.

Speakers share their experience, strength and hope using OA's Nine Tools of Recovery: Plan of Eating, Sponsorship, Meetings, Telephone, Writing, Literature, Action Plan, Anonymity, Service.

Everyone is welcome: Members, New Members, Non-members. Questions will be answered. This forum will be helpful for individuals wanting to learn about Overeaters Anonymous, as well as for newer members looking for additional support and insights.

This Workshop is sponsored by Milwaukee Area Intergroup.

