



I.D.E.A. DAY 2022

Hosted by Wednesday 9:30 New Berlin OA meeting

International Day of Experiencing Abstinence

Saturday, November 19th 1:00 to 3:00 pm CDT

In person – The Lighthouse at Aurora Psychiatric Hospital

Aurora Psych campus is at 1220 Dewey Ave., Wauwatosa. Stay on Dewey Ave. until it dead ends at Chestnut St. Turn left on Chestnut St. The Lighthouse is the first building immediately on the right. There is ample parking in front of the building.

Hybrid – on Zoom, meeting ID: 850 9549 6827 passcode: 1212

This is an open meeting

Join Zoom Meeting

<https://us02web.zoom.us/j/85095496827?pwd=Nm1QVm5MZ3BFUUIONjZrSTRkdldJQT09>

+1 312 626 6799 US (Chicago) Meeting ID: 850 9549 6827 Passcode: 1212

A Lifetime of Abstinence - One Day at a Time



What is Abstinence?

What is a Commitment to Abstinence?

3 speakers share their journey

- Getting Started; Developing a Program
- Maintaining Abstinence – No Matter What; Living with a Healthy Body Weight
- Living in Abstinence One day at a Time; The Joy of Recovery

For more information contact Jennifer at 414 218-9664

“always to extend the heart and hand of OA to all who share my compulsion; for this I am responsible”

Sponsored by OA-MAI PO Box 270054 Milwaukee, WI 53227 414-259-0640

info@oamilwaukee.org oamilwaukee.org