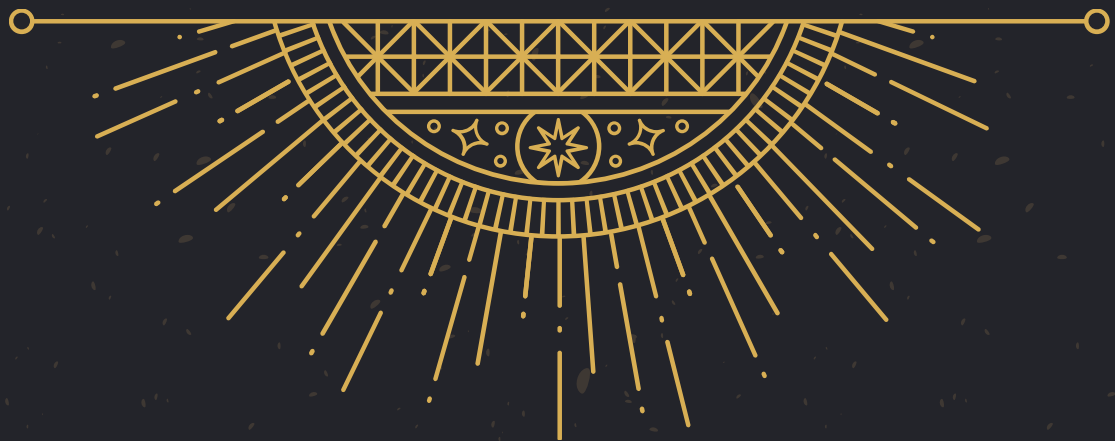




OA MELBOURNE INTERGROUP PRESENTS

INTERNATIONAL DAY EXPERIENCING ABSTINENCE



NOVEMBER 19

11AM - 5PM

A day of activities to reaffirm your abstinence

Info: 0449 541 744

INTERNATIONAL DAY EXPERIENCING ABSTINENCE

WORKSHOP ACTIVITIES

An active participatory workshop
Guest speakers - recovery from relapse
What's Holding Me Back? exploratory exercise
Steps 6 & 7 art activity
Physical release of our defects into the fire
Nurturing our recovery activity

*Rosanna Baptist Church, 5 Waiora Rd, Heidelberg Heights, 3081
Venue is wheelchair accessible with disabled facilities*

7th Tradition

A suggested donation of \$15 or as you can afford
Deposit online in advance or pay cash on the day
Account Name: Overeaters Anonymous Melbourne Intergroup
BSB: 033 067 ACC: 144 309 Please mark donations as 'IDEA'

