



Still Suffering?
Need a Lifeline?
Want to Help Others?
**Yes, there is HOPE for
recovery from relapse!**

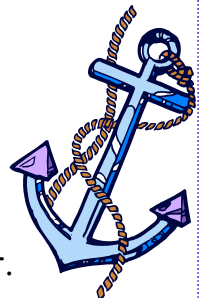
**You are invited to an Overeaters Anonymous
12th Step Within* Workshop**

Saturday - December 12, 2009, 1 - 4 p.m.

Cedar Hills United Church of Christ

11695 SW Park Way (and Cedar Hills Blvd.), Portland, Oregon

- **Connect** with others who are struggling, as well as with members of OA who have regained abstinence.
- **Learn** what resources are available, and come away with concrete solutions to strengthen your resistance to that first compulsive bite.
- **Offer** your own experience, strength and hope to others. Hear and share ideas for helping your fellow OA's and sponsees who are struggling with compulsive eating.
- **Share** in open discussion of the challenges surrounding relapse.
- **Identify** positive actions to begin abstaining one day at a time.



For more information, contact Cherish at 503-642-7707 or 2cherish@comcast.net.

*Reaching out to those within the fellowship who are still suffering from compulsive eating behaviors.