

Monday Night OA Miracles Group Presents

Let's Talk About The Food

Developing a sustainable plan of eating.

Saturday December 12th on Zoom

10AM til 1PM PST



To begin abstaining from compulsive eating, we need a plan of eating. (From OA pamphlet 'Dignity of Choice')

OA is not a diet club, and we recommend no plan of eating in particular. We do, however, believe as a Fellowship that freedom from the obsession and compulsion to eat is at the heart of our recovery, and a plan of eating that helps us achieve a healthy body weight is an essential part of our recovery.

To find your answers join us for the “Let’s Talk About The Food” workshop!

*Speakers share their experience, strength and hope. Their opinions do not represent OA as a whole.
OA does not endorse specific food plans.*

ZOOM Meeting number: 892 2813 1034

Password: 266203

For information contact: letstalkaboutthefood@gmail.com