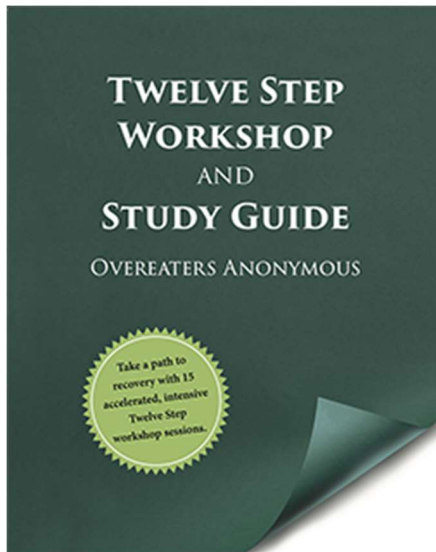


OA Emerald Empire Intergroup hosting :



Overeaters Anonymous Twelve Step Workshop and Study Guide for 15 weeks

A 15 session workshop designed to help participants achieve and maintain abstinence through working all Twelve Steps

February 3rd through May 12th,

Sundays 11 a.m. to 1 p.m.

February 3rd is the Introductory Session

Location is at the Eugene McNail-Riley House (“Avocado House”), 13th and Jefferson.

The following OA Approved Literature will be used in the workshop session and homework assignments:

- The Twelve Steps and Twelve Traditions of Overeaters Anonymous
- Alcoholics Anonymous, Fourth Edition (The Big Book)
- Twelve Steps and Twelve Traditions by Alcoholics Anonymous
- Overeaters Anonymous, Third Edition
- Voices of Recovery
- For Today

Participants need their own copies. We will study each of the steps per week. You will complete one set of OA steps through this process.



This will become a closed group after the Introductory Session for 4-12 participants. Workshop members need to join by February 10th at the latest. Participants commit to attend and fully participate in all of the sessions.

- Three to four facilitators will be available to assist, support and answers questions each session.
- Please come prepared with a notebook, writing paper, and writing utensils of your choice.
- Weekly homework assignments will be given to be completed between each weekly meeting. Homework is handed out in the previous week in order to be discussed the following week face-to-face. The homework is primarily reading and journaling.

Please eat your lunch before or after, closed container beverages are welcome.

For Questions: Contact your OA Group Representative