



**Great for
Newcomers or
LongTimers!**



OA Central Ontario Intergroup

Presents a:

Quick Step Study

- ⦿ THURSDAYS (Five sessions)
May 9, 16, 23, 30, and June 6, 2024
7:00pm – 8:30pm Eastern Time
(Toronto/New York time)

- ⦿ By Zoom or phone

- ⦿ **Register by emailing:**

coquicksteps@oaontario.org

- Registration required by May 8 or 24 hours ahead of a subsequent session.

- ⦿ **CHECK YOUR JUNK MAIL** if you don't hear from us. Email pattig123.0@gmail.com if that doesn't work. (The 0 is a zero.)

- ⦿ Free – Suggested donation \$5 - \$15
- ⦿ Session Format: Write on the step, share on the step. (Read the step ahead of time.) Day 1 = Steps 1, 2, & 3, Day 2 is steps 3 – 4, etc.
- ⦿ You don't have to attend all the sessions.

 **OVEREATERS
ANONYMOUS.**
CENTRAL ONTARIO INTERGROUP

**“This workshop has been
all and more than I could
have hoped for.”**

~former workshop participant