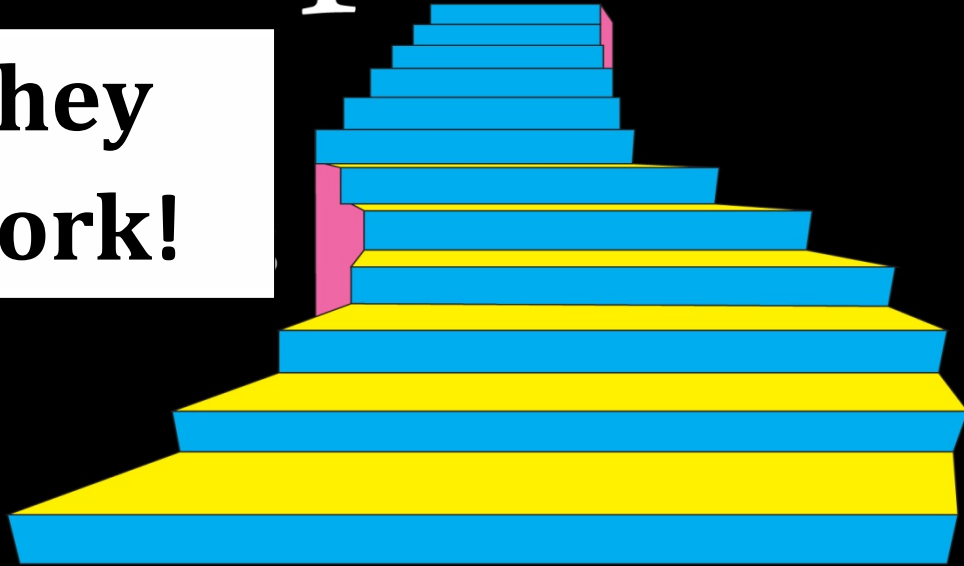


12 Steps

**They
Work!**



Our solution is a program of recovery—a program of twelve simple steps. By following these steps, thousands of compulsive overeaters have stopped eating compulsively. (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous* p. ix)

Second Sunday *** VIRTUAL *** **12 Step Workshops**

3-4pm ET (-5:00 GMT) Second Sunday each month
US phone bridge = 424-203-8405;
Pin Code = 925619#

STEP ZERO - Jan 4; STEP 1 - Jan 11; STEP 2 - Feb 8; STEP 3 - March 8; STEP 4 - April 12; STEP 5 - May 10; STEP 6 - June 14; STEP 7 - July 12; STEP 8 - August 9; STEP 9 - September 13; STEP 10 - Oct 11; STEP 11 - November 8; and STEP 12 - December 13.

Questions? Contact Stephanie vst4oa@hotmail.com