

# **FALL DAY OA-HOW**

*Coping with pitfalls and triggers. Recovery  
from compulsive eating in the new decade.*

**Saturday, November 16th**

**11:00 - 3:30**

**20405 Lyon's Bald Mountain Rd,**

**Sonora, CA 95370**

**Speakers**

**Raffle**

**Clothing Exchange**

**Bring your lunch and clean, gently used clothing to exchange**

**Doors open at 11:00**

**Speakers at 12:30**

**A \$5.00 Donation at the door is suggested. However, no one will be turned  
away from lack of funds.**

**Contact: Sue (209)402-4174**