

OA WORKSHOP: CRAFTING MY ACTION PLAN



Join the OA DC Metro Intergroup of Overeaters Anonymous for an in-person workshop focused on how an action plan helps recovery and how you can get one started. We'll have speakers sharing how they use action plans to live the 12 Steps of Recovery in their daily lives.



October 27, 2024
2:00 - 3:30 pm

Silver Spring Library
900 Wayne Avenue
Silver Spring, MD



*walking dist. from silver
spring metro

OA readings featuring
action planning.

Group discussions on
relapse prevention and
relapse recovery.

AGENDA

Space and craft your short
and long action plans.

Find a 4-week
accountability partner to
champion your plan.