

# THE PROMISE OF SPIRITUAL FITNESS

## A 10TH STEP INVENTORY WORKSHOP

Join us and learn how to improve your 10th step practice. Hear about different ways of doing a daily inventory that fits your life. Step 10 is a key to our spiritual balance and recovery. Overeaters Anonymous (OA) events are open to anyone who has a desire to stop eating compulsively. Newcomers are welcome!



### AGENDA



- Hear speakers share their 10th step practice.
- Learn about journaling, end of day inventory, and spot checks.
- Partner with others to reflect on your own practice.
- Share insights.



Sunday, March 2, 2025

2 PM - 3:30 PM

Followed by fellowship



Martin Luther King Library

Room 401 D

901 G St. NW

Washington, DC



Gallery Place Chinatown

Metro Station

Entrance B - 9th & G St., NW

Need more information? Visit [oa-dcmetro.org](http://oa-dcmetro.org).

