

# Finding Self-Love Through Your Higher Power

A virtual workshop for DC Metro Intergroup Overeaters Anonymous (OA) fellows to connect and grow.



NEED TOOLS AND RESOURCES TO SUPPORT YOUR FOOD RECOVERY?



Saturday, February 14, 2026



2:00 pm to 4:00 pm, EST



Zoom (virtual):

Access code: 814 4856 5950

Passcode: 953571

## QUESTIONS?

Contact Debbie D.  
202-271-9301

**CAMERAS-ON ENCOURAGED!**

LOOKING FOR A SPONSOR OR NEW MEMBERS TO CONNECT WITH?

“Self-love grows when we stop trying to control everything and allow our Higher Power to guide us.”

–OA literature