



Join Us: Virtual Sponsorship Workshop!

Ready to strengthen your recovery and connect with the fellowship? Join us for our upcoming virtual workshop and learn about the ins and outs of one of the most powerful tools of Overeaters Anonymous! We will cover how to find a sponsor, when to change, how to be a sponsor, overcoming challenges, and more. Whether you are looking for guidance or ready to step into service, this workshop is for you.



Saturday, August 15th, 2026 2:00 pm, EST



Zoom Meeting No: **493 768 548**
Passcode: **165327**



Debbie D. : 202-271-9301



RESOURCES:



<https://oa-dcmetro.org/>



@oadcmetro



Overeaters Anonymous –
DC Metro Intergroup

GET TOOLS AND RESOURCES TO SUPPORT YOUR FOOD RECOVERY.