

A VIRTUAL OA EVENT HOSTED BY
THE DC-METRO AREA INTERGROUP



Special Virtual Event: The Tools of Recovery

Sat, Feb 20th, 2021, 1pm to 2:30pm

Join OAs from around the world as we hear from a panel of OAs who will share their experience, strength, and hope specifically on their use of the OA tools of recovery.

Register: <https://us02web.zoom.us/meeting/register/tZMlceiupzlvHtHC5teL86wfHKKSPUzZWJB5>

"In working Overeaters Anonymous' Twelve-Step program of recovery from compulsive overeating, we have found that a number of tools are available to assist us. We use these tools ... on a regular basis, to help us achieve and maintain abstinence and recover from our disease."

– The Tools of Recovery p.1

For more info, visit our event calendar:
<https://oa-dcmetro.org/activities/>