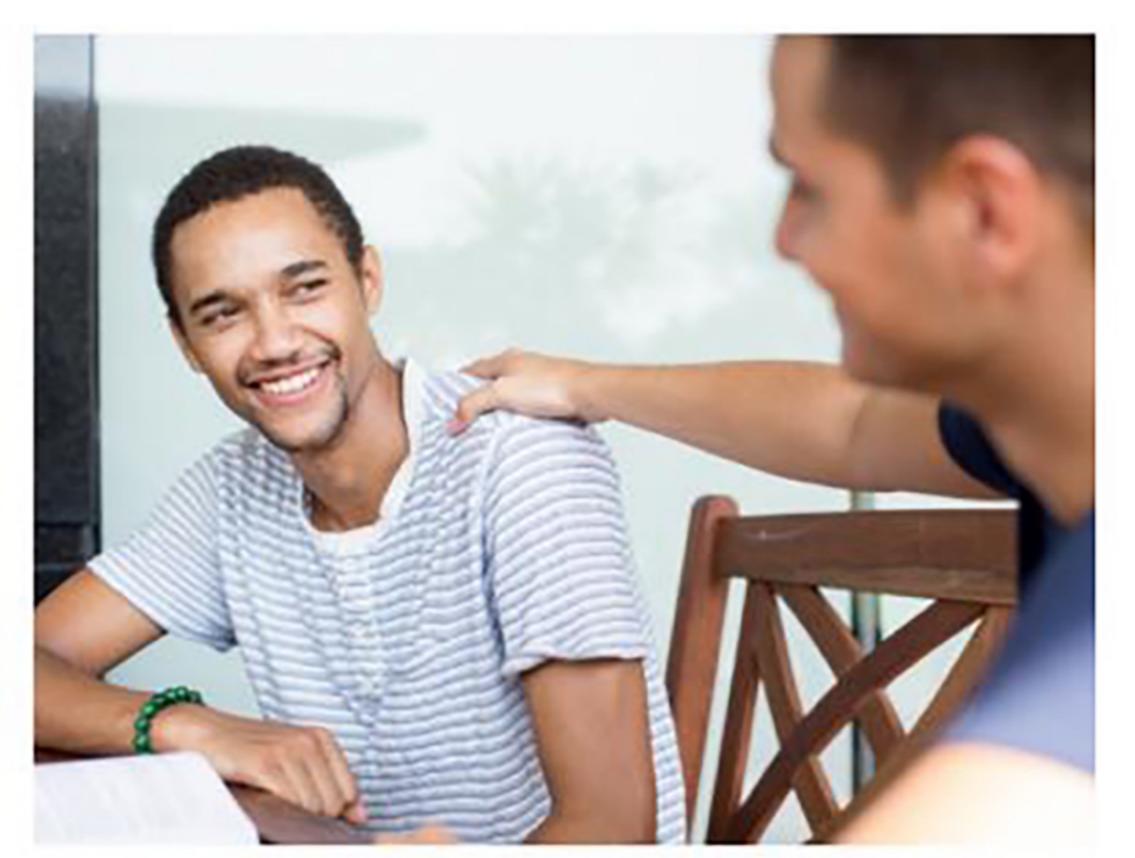
LIVING WITH ABSTINENCE WORKSHOP:

TRAVEL, FAMILY AND FRIENDS, AND WORK







Join the OA DC Metro Intergroup of Overeaters Anonymous for an in-person workshop focused on maintaining your abstinence. We'll have speakers sharing their experience followed by group discussions. All are welcome!



Sunday, January 5, 2025 3:30 - 5:00 pm Rockville Library 21 Maryland Ave, Rockville, MD 1st Floor Medium Conference Room



*walking dist. from Rockville Metro and public parking available

Abstinence strategies while traveling.

Balancing the demands of family and social expectations.



Staying abstinent while working, remote or in-office.

Speakers, tips, and group discussions.

