

# 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.

## AGENDA

Staying abstinent while  
working, remote or  
in-office.

Speakers, tips, and  
group discussions.