THE PROMISE OF SPIRITUAL FITNESS

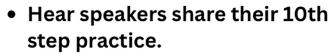
A 10TH STEP INVENTORY WORKSHOP

Join us and learn how to improve your 10th step practice. Hear about different ways of doing a daily inventory that fits your life. Step 10 is a key to our spiritual balance and recovery. Overeaters Anonymous (OA) events are open to anyone who has a desire to stop eating compulsively. Newcomers are welcome!









- Learn about journaling, end of day inventory, and spot checks.
- Partner with others to reflect on your own practice.
- Share insights.



Sunday, March 2, 2025 2 PM - 3:30 PM Followed by fellowship



Martin Luther King Library Room 401 D 901 G St. NW Washington, DC



Gallery Place Chinatown Metro Station Entrance B - 9th & G St., NW

Need more information? Visit oa-dcmetro.org.

