(Your Intergroup Name here) Overeaters Anonymous (OA)

(adapted from Central VA IG)

12 Step Within

Celebrates International Day of Experiencing Abstinence (IDEA) Day

On (day and date) from (time and time zone)

Workshop Agenda

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| **Time** | **Activity** | **Facilitator/Speaker** |
| 2:00-2:10 pm | Welcome. Explain what IDEA Day is. Give brief overview of workshop. Have someone read 12 Steps and 12 Traditions | (Name)Volunteer OA members |
| 2:10-2:20 pm | Icebreaker- Gratitude ABC with Introductions | (Name)OA members |
| 2:20-2:40 pm | Speaker 1 | (Name) introduces Speaker (Name) |
| 2:40-3:00 pm | Questions and Open Share | (Name) facilitates OA members |
| 3:00-3:20pm | Speaker 2 | (Name) introduces Speaker 2 (Name) |
| 3:20-3:35 pm | Writing Exercise- Refer to page 8 <https://media.oa.org/app/uploads/2021/08/22222207/oa-holiday-idea-workshop.pdf> | (Name) explains |
| 3:35-3:55 pm | Questions and Open Share | (Name) facilitatesOA members |
| 3:55-4:00 pm | Closing | (Name) |