**(your name here) Intergroup of 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)**

**Via Zoom: Meeting ID: (your zoom ID)**

**Password: (your zoom Password)**

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During this virtual workshop, two speakers will share their experience, strength and hope on the theme of **“Staying Committed to Abstinence Through the Holidays and Every Day.”** Participants will have the opportunity to ask questions and share their own experience. In addition, the workshop will include a writing exercise that will help the OA member develop a plan of action to remain abstinent through the holidays and every day- one-day at a time.

Come join us as we celebrate IDEA Day!

Contact Info: (name, phone number and email address)