



An Introduction to Overeaters Anonymous and the Twelve Step Program of Recovery

The Irving Group of Overeaters Anonymous invites you to a day-long workshop where we will explain the hope that is available through our program. If you think you might have a problem in your relationship with food then please join us and learn how our program might help you.

Our program will be led by a member from Buffalo Gap, Texas. She is a longtime member of OA with decades of experience working with people with food problems

Date: March 24, 2018

**Time: 10:00 AM-5:00 PM
(Lunch from 12:00 to 1:00)**

**Location: First United Methodist Church of Irving,
211 W 3rd St, Irving, TX 75060**

Enter on the South Side of the building, off of 3rd, street, we will be downstairs in the fellowship hall.

Cost: \$5.00 suggested donation.

For more information contact Bob 214 636 7260, Esther 214 315 4598 or Susan 469 426 5604