



Our solution is a program of recovery—a program of twelve simple steps. By following these steps, thousands of compulsive overeaters have stopped eating compulsively. (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous* p. ix)

Second Sunday

***** VIRTUAL *****

12 Step Workshops

3-4pm ET (-5:00 GMT) Second Sunday each month

US phone bridge = 424-203-8405;

Pin Code = 925619#

**INTRODUCTION (Step Zero) - Jan 4; STEP 1 - Jan 11; STEP 2 - Feb 8; STEP 3 - March 8; STEP 4 - April 12;
STEP 5 - May 10; STEP 6 - June 14 ; STEP 7 - July 12 ; STEP 8 - August 9 ; STEP 9 - September 13;
STEP 10 - Oct 11; STEP 11 - November 8 ; and STEP 12 - December 13.**

Questions? Contact vst4oa@hotmail.com