

*Tri-County Intergroup of
Overeaters Anonymous Workshop*
Saturday, September 12, 2015
1:00pm to 4:00pm
Registration starts at 12:30pm

*Join us in our
new
Arlington, TX
Location*

*We admitted we were powerless
over food—that our lives
had become unmanageable.*

Had Enough?



Our symptoms vary, but we share a common bond. New and potential OA members show that even though compulsive eaters differ, all can find recovery in our program.

Suggests ways to reinforce your commitment to abstinence and develop a plan of eating.

Learn how to use a personal plan of eating as a tool, evaluate your eating history, deal with binge foods and behaviors, and define a new way of eating.

**Join us for a Plan of Eating
and the Happiness of Recovery**

What can you do when confronted with the urge to overeat? Find the tools and inspiration you need with this pamphlet's suggestions.

Both new and longtime OA members in devising their own plans of eating cover topics such as: the difference between a plan of eating and abstinence, having a choice of plans, reviewing our eating patterns, "trigger" or "binge" foods, eating behaviors, structure and tolerance.

Members discuss long-term maintenance and offer suggestions to OA members who have achieved a healthy weight.



Suggested donation is \$5.



We also have diet drinks and water for sale. Service opportunities are available before and after the workshop.

**Find the Joy
of
Abstinence**

If you have questions contact

Carolyn D - 817/924-2328 - texasoldgal61@gmail.com



Location

**New World United Methodist Church
2201 N Davis Dr,
Arlington, TX 76012**

Parking is at the rear of the building. It's very important to enter through the doors under the sign "Main Entrance".

There is no exit for Lamar off I-30. You definitely have to exit Fielder then go north to Lamar then right (east) to Davis then left (north) to the church which will come up pretty soon on the right side.