

OVEREATERS ANONYMOUS

Joy of Recovery

OA 12 & 12 Book Study

SATURDAYS @ 8AM

STARTING
JAN 1ST!

NEW!

OPEN
MEETING

*Serenity Club
Hayward*

*For more info, contact:
Johni B 651-353-4182*

"Those of us who live this program don't simply carry the message; *we are the message*. Each day that we live well, *we are well*, and we embody the joy of recovery, which attracts others who want what we've found in OA. We're always happy to share our secret: the Twelve Steps of Overeaters Anonymous, which empower each of us to live well and be well, one day at a time."

OA 12 & 12, 2nd Ed., pp. 86-87