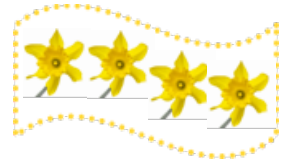


**Overeaters Anonymous
South Wales Intergroup
Workshop**



**“Step One & Honesty”
“Getting real and getting well”
on
Saturday 9th November 2019
10.00 a.m. - 12.30 p.m.
United Reform Church, Windsor Place
Cardiff CF10 3BZ**

- Are we still in denial about our food, food behaviors and unmanageability?
- What changes do we have to make in service of our abstinence and recovery?
- What action plan do we commit to?

**Tea & coffee provided
7th Tradition (no entry fee)
Arrival: 9.55 a.m. for prompt
10.00 a.m. start.**

**Do come along!
Any queries? Call
Deirdre 07984
225847**