



Mapping out YOUR Abstinence & YOUR Food Plan -and getting clear on the difference!

- Disconnecting from YOUR Ego and YOUR Addiction and connecting to YOUR Higher Power
- Safe from Relapse with the ABC's Recovery Quotient

ABCsofAbstinence.com

Led by an OA member from L.A./SFV with 28 years of abstinence and over 100lb weight loss.

Webcast (audio/video) accessible through your
PC/Mac/Tablet/iPhone/Android device:

Saturday, September 23rd, 2017
9:00 AM to 4:00 PM Central Time

Minnesota Arboretum
Chaska, Minnesota

Register online at www.overeaters.org
Webcast (audio/video) Registration \$10

Registration for classroom attendance at the Arboretum
has filled and is now closed.

Questions: Sue B 651-707-4836 or Carolyn S 612-558-1556

Ten reasons you should attend....

If YOU can't imagine your life with food and can't imagine your life without food then come to the ABC's

If YOU want to be Safe from Relapse then come to the ABC's

If YOU are tired of "a brief recovery always followed by a still worse relapse" then come to the ABC's

If YOU are sick and tired of being sick and tired then come to the ABC's

If YOU have been in OA for years and have not been able to *stick and stay* and are getting tired of just *keep coming back* then come to the ABC's

If YOU want to be done trying and begin doing then come to the ABC's

If YOU want to learn how to choose your Higher Power every day and stop choosing YOUR addiction then come to the ABC's

If YOU want to have more love and tolerance for YOURSELF and others then come to the ABC's

If YOU know nothing changes if nothing changes and are upset or terrified of change then come to the ABC's

If YOU are experiencing a similar story to our speaker and want a new story; "for 11 years of my life while in the rooms of OA I dieted my way up to be 100lbs overweight. I don't want anyone to waste 11 years of their precious life trying to figure it out-- like I did! I could have over 38+ years of Abstinence!! But I don't, I only have 28+ years of Abstinence and a healthy body weight!! But I now have it for life!"