

*Connecticut Intergroup of Overeaters Anonymous
invites you to join us for IDEA Day*

International
Day of
Experiencing
Abstinence

**OA speakers on the topic of abstinence!
Practical tips to stay abstinent during the holidays!**

SUNDAY, NOVEMBER 18TH

1:00 – 4:30

ST. JOHN'S EPISCOPAL CHURCH

679 Farmington Ave.

West Hartford, CT 06119

For info: call or text Jason at 860-384-3658 or call Kimberly at 860-206-8828

7th Tradition will be taken