



CONNECTICUT INTERGROUP PRESENTS

Newcomer Orientation

Do I have feelings of guilt, shame or embarrassment about my weight or the way i eat?



Do I go on eating binges for no apparent reason, sometimes eating until I'm stuffed or even feel sick?

- Hear a brief member share
- Review the *Where Do I Start* pamphlet
- Ask questions

Three Thursdays

Oct 15th, Nov 12th, & Dec 10th

6:30 – 7:30 pm ET · Via Zoom

ZOOM ID:

864 4042 2879

PASSCODE:

622844

Contact: Anna B 860-212-5434 call or text

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