Cleveland Central Intergroup of Overeaters Anonymous
presents a workshop for

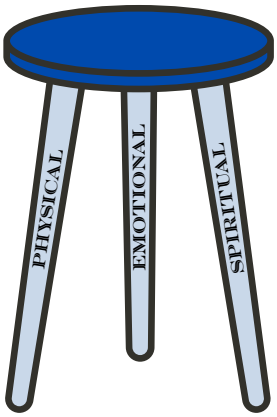
IDEA DAY

INTERNATIONAL DAY OF EXPERIENCING ABSTINENCE

SATURDAY NOV 21, 2026

10:00am - 3:00pm

Physical, Emotional, & Spiritual Abstinence: Through the 12 Steps



Tentative Agenda (subject to change)

9:30am	Registration begins
10:00am	Introduction: Physical, Emotional, & Spiritual Abstinence
10:20am	Your Physical, Emotional, or Spiritual Abstinence: Through Steps 1 - 5
12:00pm - 1:00pm	Lunch Break: more fellowship with packed lunch here -OR- out at an area restaurant
1:00pm	Afternoon opening
1:00pm	Your Physical, Emotional, or Spiritual Abstinence: Through Steps 6 - 12
3:00pm	Closing

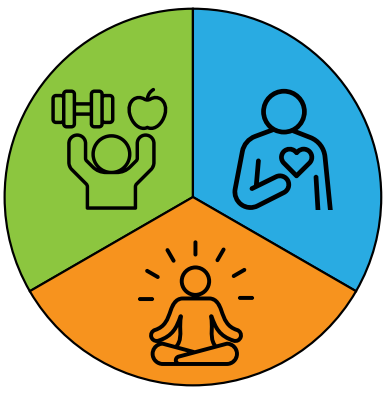
bring a packed lunch to enjoy fellowship on-site during the break!

Bring your For Today & Voices of Recovery, and a notebook & pen, to use at the workshop!

Bay Presbyterian Church
25415 Lake Rd.
Bay Village, OH 44140

event located in the Auburn Room

Besides lunch break, this is a food-free meeting
(FYI: no fridge or microwave access)



suggested donation is $5 - no one turned away!

Questions?

contact Leigh Ann M at 216-544-4474 or vicechair@oacleveland.org