

Staten Island Overeaters Anonymous
Intergroup Sponsors
 The Annual 2015 Spring Event
Abstinence and A Plan of Eating Workshop
 and Guest Speaker (From out of town!)
 Sunday, March 22, 2015
 From 12 Noon until 4:00 PM

Regina M. McGinn, MD Education Center
 (Part of Staten Island University Hospital **NORTH**)
 475 Seaview Avenue
 Staten Island, NY 10305
 Handicap Accessible

Please let contact persons know if you need a
 wheelchair available at curbside.

Contact Persons: Angela C, Chairperson of SIOA Intergroup 917-417-2695
 Cathy K., SIOA Communicator 347-407-4360 or email SIOACommunicator@gmail.com

<p>STATEMENT ON ABSTINENCE AND RECOVERY: “Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of living the Overeaters Anonymous Twelve Step program.” (www.oa.org)</p>	<p>A PLAN OF EATING: “A plan of eating helps us abstain from compulsive eating. (See the pamphlet Dignity of Choice.) This Tool helps us deal with the physical aspects of our disease and achieve physical recovery.” (www.oa.org)</p>
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~ Handouts and Raffle Baskets ~

For additional information visit our website:
www.sioa.org
 SIOA Hotline: 718-605-1393

(Be prepared to take down additional numbers.)