



What is this thing called "abstinence"? What will my personal abstinence be? What should my personal food plan be? What is the difference between abstinence and a food plan? And as importantly, how do I live a fulfilling, thriving life at a healthy body weight without ever having to relapse again?

A=Accepting

that we have the disease.

B=Believing

that we have a solution.

C=Change

We Stop trying to change ourselves but become willing to take action by allowing ourselves to be changed.

"Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely."

Presented by the 12th Step Within Comm. of the Sun. Eve.
Edison NJ Overeaters Anonymous Meeting

**Sunday 7-9pm
January 6th, 2013**

**Temple Emanu-El
100 James St. Edison**
(across from JFK Hosp.)

\$6.00 Donation

If you can't pay, don't stay away

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