

# SPECIAL EDITION!

## Body Image Workshop

By Laurence Harbor Wednesday Meeting  
of Overeaters Anonymous


A special two-hour Body Image workshop is being presented by the Laurence Harbor Wednesday Night Meeting on April 30, 2008 from 7-9 pm. Improving body image is more about changing attitudes and thinking habits than it is about changing the body.

Marked improvements in self-esteem and body acceptance have been evident in the meeting's members. Through meditation, readings and sharing, the participants in these monthly meetings have gained a new perspective and a new acceptance of their bodies. In addition to the usual meeting activities, there will be a panel of speakers sharing their experience and attendees will be given a CD created for this very special event.

## Get the Details

### Where and When

April 30, 2008 from 7:00-9:00 pm  
**Laurence Harbor**, Community Covenant Church,  
22 Laurence Parkway

 While the meeting room is handicapped accessible, the bathrooms are on another floor with sets of stairs between.

## FREE CD GIVEAWAY!

### a gift of improved body image

These materials are used in the monthly Body Image meeting and have helped elevate our self-esteem and change the way we think about our bodies.

Please note: The materials on this CD are non-OA conference approved materials, and are used by group conscious.

## Let Yourself Fly



## And Reach the Stars

Questions? Call Elaine 732.727.1004  
or Colette 908.337.5981

## Driving Directions

Park on the shoulders of the streets or behind the restaurant at the corner of Laurence Pkwy & 35.

**From the Garden State Parkway (north or south):** Take Exit 120. Turn left onto Laurence Pkwy (toward Hwy 35). Go 1.6 miles. There are two cutouts in the median for turning left. Use the second cutout in front of the Laurence Harbor fire station to turn around. The Community Covenant Church is the left-hand neighbor of the fire station. If you miss the cutout, go across Hwy 35 and around Hoffman Pharmacy to bring you back onto Laurence Parkway.

**Headed north on Hwy 35:** Use the jughandle to get onto Laurence Pkwy. This will take you around Hoffman Pharmacy and across Hwy 35. Go one block. Community Covenant Church is the first building past the Laurence Harbor fire station.

**Headed south on Hwy 35:** Turn right onto Laurence Pkwy. Go one block. Community Covenant Church is the first building past the Laurence Harbor fire station.