

# Staying Safe and Sane throughout the Holiday Season

**Sunday October 9<sup>th</sup>, 2011**

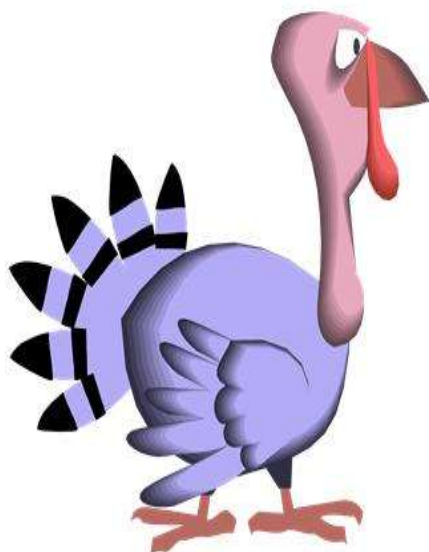
**7:00-9:00pm**

Our disease does not take a holiday! PLAN-PLAN-PLAN! We can survive if we make an action plan ahead of time. Learn how to be proactive regarding the many events centered around eating. Make abstinence your number one priority, no matter what.



The Sunday night Edison OA meeting is presenting a special workshop. Hear from our panel of speakers how they successfully navigate the **OA Holiday Season**, (Halloween thru New Years) without losing their abstinence. Please join us for an evening of unity, support, and ideas. In unity there is recovery!

**\$5.00** Donation Requested  
Everyone is welcome



Temple Emanu-El  
100 James St. Edison 08837

Driving Directions: Look for the "H" signs while driving, we are across from JFK Hospital

**GSP North or South:** drive to Exit 131 Iselin/Rahway/Metuchen, keep right at the fork in the ramp, turn right (south) on Rt. 27, continue 1.4 miles and turn right at the Dunkin Donuts onto James St. Pass through one light and the temple will be on your right.

Questions/Information Contact:

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