

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

7:00-9:00pm

Sunday **January 9th**, 2011

Temple Emanu-el

100 James St. Edison 08837

across from JFK Hospital



\$5.00 Suggested Donation



Let's Talk About Food

A FOOD PLAN WORKSHOP

Compulsive overeaters are often confused by the many different food plan options. During the past 3 months, we surveyed OA members on what they eat, frequency of their meals and foods they avoid. Come and find out what works and what doesn't for compulsive overeaters in OA. Some questions addressed in the survey include:

When and why do people measure their food?

What is a slip vs. what is a relapse?

What is the difference between dieting and abstinence?

Who plans, writes down, and commits their food?

How do you know if you're abstinent? Who decides?

Driving Directions to 100 James St., Edison 08837: Look for the "H" signs while driving.

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.

Would you like to participate in the survey?

Contact Margaret 732-326-1934 M39Avenel@comcast.net or

Barbara 732-439-0001 barbmunley@optonline.net