

# COME JOIN US!!

---

Thursday 7:30pm Freehold, Hope Lutheran Church

This is a **BEGINNER MEETING**.

However, if no newcomers are present, we will change our format to work the 12 steps using  
The Twelve Step Workbook of Overeaters Anonymous,  
Second Edition.



The *first step* towards getting somewhere  
is to decide that you are  
*not going to stay where you are.*

