



**OVEREATERS  
ANONYMOUS®**

**Westchester United Intergroup**

# IDEA DAY

## International Day Experiencing Abstinence

SUNDAY NOVEMBER 19  
1-2:00PM ET

Two speakers will share their  
experience, strength, and hope.  
Q & A and sharing to follow.

**ZOOM ID: 914 633 2988**

**PASSCODE: 121212**

Join us in learning how others  
are experiencing abstinence  
one day at a time

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