

OA Madison Presents:

Abstinence and a Plan of Eating Workshop

By popular demand! Madison Intergroup is excited to present a new OA-approved workshop that helps us define our **Abstinence** and develop a **Plan of Eating**. The workshop will help you:

- Have a clear vision for your **Abstinence**
- Understand what a **Plan of Eating** is and is not
- **Identify** actions to take to make your abstinence a priority

Not sure if you need to attend? Ask yourself:

- Are you freely choosing foods and food behaviors that are non-compulsive?
- Are you eating with gratitude, dignity and grace?
- Are you maintaining a healthy body weight using your Higher Power's wisdom?

If you answered 'no' or "I am not sure" to any of these questions, this workshop should help you obtain and maintain your abstinence. This member-led workshop will include testimonies, open discussions, brainstorming activities, and writing exercises.

Remember, the definition of abstinence is the same for all OA members: Refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. The behaviors we engaged in while practicing our disease may have included overeating, under-eating, and purging.

Let's take the actions necessary to make abstinence first without exception!

Event Topic: Abstinence and Plan of Eating Workshop

Date: March 28th, 2015

Time: 1 p.m. – 4 p.m.

Location: Bethany United Methodist Church
3910 Mineral Point Rd
Madison, WI

Cost: Free – but a 7th Tradition Suggested Donation of \$5

Registration: Register at the door starting at 12:30 p.m.

Still have questions? Contact Arielle: 608.770.9766 –or- justarielle87@gmail.com