



**Great for  
Newcomers or  
Long Timers!**



OA Central Ontario Intergroup

Presents a:

# Quick Step Study

- ◎ SUNDAYS (Five sessions)  
Nov 10, 17, 24, Dec 1 and 8, 2024  
10:00am – 11:30am Eastern Time  
(Toronto/New York time)
- ◎ By Zoom
- ◎ Free – Suggested donation \$5 - \$15
- ◎ Session Format: Write on the step, share on the step. (Read the step ahead of time.) Day 1 = Steps 1, 2, & 3, Day 2 is steps 3 – 4, etc.
- ◎ You don't have to attend all the sessions.
- ◎ **Registration:**
  - Registration required 24 hours ahead of the start date or individual session.
  - Register by emailing:  
[coquicksteps@oaontario.org](mailto:coquicksteps@oaontario.org)
- ◎ **CHECK YOUR JUNK MAIL if you don't hear from us. Email again if that doesn't work.**

 **OVEREATERS  
ANONYMOUS.**  
CENTRAL ONTARIO INTERGROUP

**“This workshop has been  
all and more than I could  
have hoped for.”**

~former workshop participant