



*Ring Out the Old
Ring In the New*

Men's Intergroup of Overeaters Anonymous

MIGOA – Virtual Region

presents a

Holiday Meeting

Sunday December 29, 2024

1:00 pm Eastern / Noon Central

11:00 am Mountain / 10:00 am Pacific

90-minute meeting/workshop

ZOOM ID: 876 0679 6138

PASSWORD: Holiday

Bring a pen or pencil and paper

dial-in: (669) 900-9128

Helping Everyone Make It Through the Holidays