



From Shame to

Serenity

**Are you tired of carrying shame about food,
your body, or your past choices?**

Join us on **Saturday, July 5** for a transformative OA workshop
hosted by the **OA Virtual Intergroup**.

**This workshop offers tools, shared experience, and spiritual support
for anyone struggling with guilt, body shame, or food obsession.**

**Come as you are. Leave with renewed hope, practical tools,
and a deeper connection to your HP.**

Newcomer Meeting

8:00 – 8:55 AM PDT / 11:00 – 11:55 EDT

From Shame to Serenity:

Overcoming Guilt Around Food & Body Image

Workshop Meeting

9:00 – 10:00 AM PDT / 12:00 – 1:00 PM EDT

Join us by Zoom

Meeting ID: 847 9014 3147

Passcode: 164164