

OVEREATERS ANONYMOUS STEP STUDY GROUP



"After years of guilt over repeated failures to control our eating and our weight, we now have a solution that works. Our solution is a program of recovery - a program of twelve simple steps. By following these steps, thousands of compulsive overeaters have stopped eating compulsively. In Overeaters Anonymous we have no program of diets and exercise, no scales, no magic pills. What we do have to offer is far greater than any of these things - a Fellowship in which we find and share the healing power of love."

From the Overeaters Anonymous text.

Beginning Saturday, December 3, 2011, a step study meeting is starting from 9:00 to 10:00 AM. We will begin reading and sharing from the text The Twelve Steps and Twelve Traditions of Overeaters Anonymous.

Saturdays, Beginning December 3, 2011

9:00 AM

Donations are Accepted

For More Information, Please Contact:

Patty Haggard at 921-4339

or

Center for Spiritual Living, Redding

1905 Hartnell Avenue * Redding, CA 96002

221-4849 or visit www.cslredding.org