



# OVEREATERS ANONYMOUS IDEA WORKSHOP 2023

INTERNATIONAL DAY EXPERIENCING ABSTINENCE (IDEA) is celebrated the third weekend in November to encourage OA members worldwide to begin or re-affirm their abstinence from compulsive overeating. Please join us IN PERSON to share this important day!

**SATURDAY, NOVEMBER 18, 2023**

**REGISTRATION 9:30am  
WORKSHOP 10am-Noon**

**FOREST STREET UNION CHURCH  
15 FOREST STREET  
METHUEN, MA 01844**



ADA  
ACCESSIBLE

[CLICK HERE FOR DIRECTIONS, PARKING AND VENUE INFO](#)

FOR MORE INFO EMAIL  
[nhiworkshops@oanewhampshire.org](mailto:nhiworkshops@oanewhampshire.org)

**JOIN US IN-PERSON TO  
RENEW YOUR  
COMMITMENT TO  
ABSTINENCE**



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