OVEREATERS ANONYMOUS
North Shore Intergroup

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New Hampshire Intergroup

# IDEA WORKSHOP

## *Maintaining Our Gift of Abstinence*

co-sponsored by:
North Shore & New Hampshire Intergroups

**International Day Experiencing Abstinence (IDEA)**, celebrated in November, encourages OA members worldwide to begin or reaffirm their abstinence from compulsive eating. Join us for this **in-person workshop**

**SATURDAY, NOVEMBER 14, 2026**
**WORKSHOP 10AM - NOON**
**REGISTRATION STARTS AT 9:30AM**

**(PRIOR REGISTRATION NOT REQUIRED)**

**TRIUMPHANT CROSS LUTHERAN CHURCH**
171 ZION HILL ROAD
SALEM, NH 03079

**ADA ACCESSIBLE**

**CLICK HERE FOR DIRECTIONS**

7th tradition donation

speakers & writing

fellowship & lunch after

BRING YOUR OWN

door prizes

book covers & literature for sale

water provided

**FOR MORE INFO**

North Shore Intergroup Website (click here)

Email North Shore Intergroup

Email New Hampshire Intergroup

New Hampshire Intergroup Website (click here)

**or call 315-215-9074**