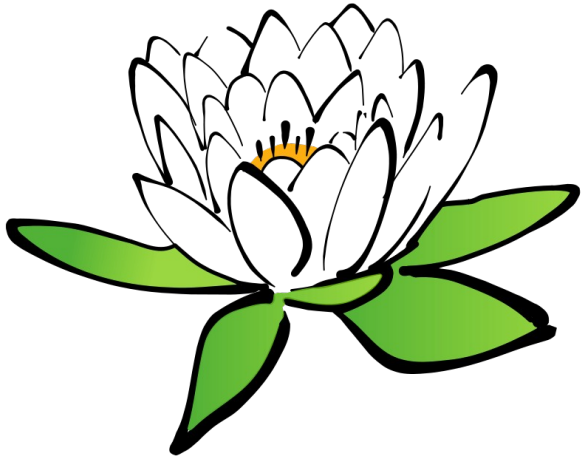
A Recovery Workshop with Bulimia / Anorexia Focus

Using the 12 Steps to find hope, joy, and fellowship.

- Speakers with many years of recovery
- Workshop materials provided
- Everyone is welcome who identifies as having a problem with compulsive eating



Suggested Donation

$10.00 – Pay at the door.
No one turned away for lack of funds

Space is limited.
Pre-register online at *oasouthbay.org/events* to reserve your seat.

When: Saturday, August 15, 2020

Time: 1:00 to 4:30 PM

Where: Alpert Jewish Community Center
3801 E. Willow Street, Long Beach, CA
Room: 27

Contact: Sharon M., Phone or Text: (562) 243-5742
email: Deana_30313@yahoo.com

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