

Using Technology in Recovery – A Workshop

A basic overview of electronic tools to enhance your recovery.

Learn how to...

- Download apps from Google Play and Apple App stores
- Purchase and download literature
- Search for and download podcasts
- Discover various recovery websites in addition to our own *oasouthbay.org*

Be prepared...

Prior to the workshop, download the free ZOOM app from the Google Play or Apple App store onto the phone, pad or laptop you will be bringing to the workshop.



Space is Limited!

Reserve your seat on the EVENTS page at www.oasouthbay.org

Sponsored by...

South Bay Intergroup
of Overeaters
Anonymous

Suggested Donation

\$10.00 at the door.
No one will be turned away
for lack of funds.

When: Saturday, June 15, 2019 **Time:** 11:15 AM to 12:45 PM

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

Contact: Eileen C. D. (phone) 562-212-9265 or (email) events.oasbig@gmail.com