

SAN DIEGO OVEREATERS ANONYMOUS

# Urban Retreat

Sept. 23 & 24, 2022  
Bahai Center  
San Diego, CA



## IT IS NOT A MORAL ISSUE

Our speaker has 21+ years of abstinence, maintaining a 75 lb weight loss. He will focus on the 12 steps of OA that offer physical, emotional, and spiritual recovery.



FRIDAY 7-9PM AND  
SATURDAY 9AM-5PM

\$10 suggested donation.

No pre-registration necessary.

Room and board are not included.


Proof of vaccination required at the door.

Restaurant list available or bring a lunch.

Bring writing materials and water.

A refrigerator is available.

Masks optional.

 San Diego Baha'i Center: 6545 Alcala Knolls Drive, 92111

 Questions: [Melissa.melforte@yahoo.com](mailto:Melissa.melforte@yahoo.com) (619)454-4450  
(email & text preferred)