



Meditation & Spirituality

*Improving Conscious Contact
with Higher Power*

Sunday, March 12

2:00-3:30pm EST

ZOOM:

Meeting ID: 840 2425 0659

Passcode: 687242

or [Click Here](#) to Join Zoom Meeting

(Please be prompt to minimize disruptions)

**2 Speakers • Open Sharing
Breakout Session • Guided Meditation**

*A 7th Tradition donation is requested but not required.
Information will be posted in the Zoom chat during the workshop.*

*For information or to submit future workshop ideas,
please contact Trish M at 215-355-8807.*

2nd **2023 • PAIG OA**
Sunday
WORKSHOPS

**A special series of virtual quarterly workshops designed to support recovery
from compulsive eating and compulsive food behaviors.**

This is a service provided by the Philadelphia Area Intergroup of Overeaters Anonymous.