

# PUT DOWN THE FOOD!

Come and join us for the  
1<sup>st</sup> OA Workshop of 2019

January 12<sup>th</sup>, 2019

*Nothing happens until we put down the food (Step '0")  
and pick up the Big Book!*

- How do you put down the food if you're new to OA?
- How do you put down the food if you're in relapse?
- How do you put down the food if you've been coming to meetings and trying to work the program, but have not been able to experience the gift of abstinence yet?

*Come and hear the experience strength and hope of speakers who have put down the food and are enjoying the priceless gift of abstinence and freedom from obsession and compulsion. This freedom awaits YOU!*

Saturday, January 12th ~ 9:00 am to 12:00  
SpokaneValley Hospital & Education Center

12606 E. Mission Ave. Spokane, WA  
(Pines Exit off I 90, go South and turn left  
onto Mission. 1st light )

*\*There is no charge for this workshop, but your free-will donations are appreciated.  
Contact Linda G. for further information 612/599-1096.*