



## **Abstinence vs. A Plan of Eating**

### **Anchorage Alaska Intergroup Workshop**

**Saturday, May 4, 2019**

**1:00 – 4:00 PM**

**Mt. Vernon Commons**

**3322 Commons Circle\***

**Anchorage, AK 99503**

**Brainstorming \* Writing \* Sharing \* Resources**

Designed to promote abstinence and recovery  
from the disease of compulsive overeating.

Coffee and Tea Available  
Feel free to bring your lunch/snack

**Please join us**

Questions: Contact Sierra H at (907) 354-5016

\*Directions: Parking lot is on 34<sup>th</sup> Avenue between Bering Street and Eureka Street. Nearest major intersection: Arctic and 36<sup>th</sup> Avenue.