

SAN DIEGO OVEREATERS ANONYMOUS PRESENTS...



**“THEN COMES THE
ACID TEST: CAN WE
STAY SOBER, KEEP
IN EMOTIONAL
BALANCE,
AND LIVE TO GOOD
PURPOSE UNDER
ALL CONDITIONS?”
AA 12 & 12 PG. 88**

WORKSHOP

Emotional Sobriety

JUNE 22, 2024 11AM-1PM PT ON ZOOM

**HOW DO YOU MANAGE YOUR NEGATIVE EMOTIONS?
DOES HUMILITY KEEP SLIPPING AWAY?
IS JOY PRESENT?**

Join us and learn how others maintain Emotional Sobriety.

All are welcome.

ZOOM ID: 897 0427 9976

No registration necessary. The 7th Tradition will be observed.

You may donate here: oasandiego.org/seventhtrad

