

International Day of Experiencing Abstinence  
Greater Ann Arbor Intergroup of OA  
IDEA Workshop

**November 21, 2015**

**9:30 am—12:30 pm**

Grace Lutheran Church, 4441 Monroe Street  
Toledo, Ohio 43613

## *Faith or food?*

### Higher Power at the Holidays

Workshop Includes:

- Speakers ● Panel ● Literature Table
- Ask-it Basket ● Small Group Discussion
- Optional Brown Bag Lunch (Fridge on-site)

*Learn healthy coping skills for:*

*Office Parties*

*Family Gatherings*

*Seasonal Goodies*

*Holiday Stress*

Check -in starts at 9:00 am

\$5 suggested 7th Tradition donation

Location accessible from I-75 or US 23. For more information contact:

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