

# LIVING ABSTINENTLY IN '25

Sponsored By



## PRE-CONVENTION WORKSHOP

Friday May 23, 2025

10:00 am – 2:00 pm central

Lunch break 11:30 am – 12:30 pm

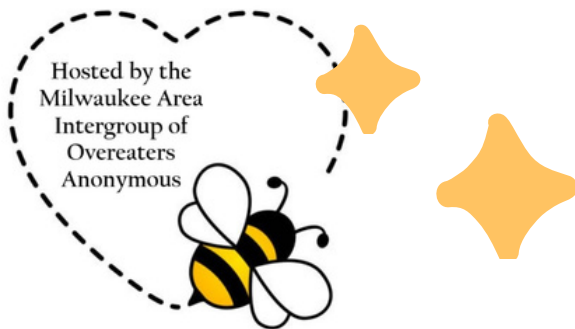
Registration required \$30.00

Lunch Buffet \$35.00

**Sheraton Milwaukee Brookfield Hotel**

**375 S Moorland Rd**

**Brookfield, WI 53005**



Review your **eating patterns**, choose your **binge/trigger foods**, learn how we **change our eating behaviors**, more about **sticking to your plan** and **dealing with life without using food**. Read, write, share based on OA's New Plan of Eating pamphlet and Abstinence book.

**Read, write, share** on the practice of **emotional abstinence** to stop the cycle of emotional bingeing.

- Learn the value of putting yourself first
- Hear how HP comes to the rescue when members are faced with cravings
- Find simple truths waiting to be revealed behind the wide range of emotions
- Hear how taking a hard look at insanity paved the way to sanity for your fellows
- Explore the Top 10 things that help one member maintain abstinence in difficult situations

*...I began to see that even though I was physically abstinent, I wasn't emotionally abstinent...Maybe that was why I lacked serenity...Today God helps me to be emotionally abstinent. I do the footwork, and God does for me what I cannot do for myself.  
Voices of Recovery p 65*

Register online from [www.REGION5OA.org](http://www.REGION5OA.org)  
Register by mail using the registration form

Register by phone 414/259-0640

You may attend only the Pre-Convention Workshop

Scholarship support is available for  
Region 5 residents:

call 414/259-0640 or email  
[convention@oamilwaukee.org](mailto:convention@oamilwaukee.org)