

# SOBER EATING WORKSHOP

October 19, 2024 9 am - 2 pm  
New Holstein, WI  
between Milwaukee and Green Bay

GREAT FOR  
ALL MEMBERS  
INCLUDING  
NEWCOMERS



HOSTED BY THE NEW HOLSTEIN &  
PLYMOUTH OA MEETINGS.  
SPONSORED BY  
OVEREATERS ANONYMOUS  
MILWAUKEE AREA INTERGROUP.

## WORKSHOP SCHEDULE:

8:30 am Registration Opens

9:00 am Welcome and Intro to Sober Eating, including a deep dive into Abstinence. Time to listen, write and share.

11:00 am Introduction of **Sobriety With Food** handout. Time to listen, write and share.

Noon Lunch

12:30 pm Conclusion of **Sobriety with Food** handout. Time to listen, write and share.

2:00 pm Closing

Register before  
October 10, 2024

## ABOUT THE WORKSHOP

The Sober Eating workshop provides an opportunity to obtain clarity and stability around food so that we may begin to recover or better sustain our recovery from the disease of compulsive overeating and food addiction.

Drawing from the Doctor's Opinion from the Big Book of Alcoholics Anonymous and the experience of program members, we help participants learn what it means to be sober with food and to initiate a sober eating plan.

## LUNCH BUFFET:

Serve-yourself **Salad Bar** with healthy toppings including chicken

## REGISTRATION INFORMATION:

Call 414-259-0640 - pay by check or credit card

Mail using form on reverse - pay by check

Online - pay by check or credit card (small surcharge will apply)

## SCHOLARSHIPS AVAILABLE:

414/259-0640

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Altona Supper Club Hwy 57  
2306 Calumet Drive New Holstein

Workshop with lunch buffet: \$ 25.00

Scholarship Donation \$\_\_\_\_\_

Donation to OA-MAI \$\_\_\_\_\_

Total Registration \$\_\_\_\_\_

Register before October 10, 2024  
Event Capacity 40

Do you consent to share first name, last initial, city, phone  
and email with other participants? Yes No

Name\_\_\_\_\_

Mailing  
Address\_\_\_\_\_

Phone\_\_\_\_\_ email \_\_\_\_\_

Register by phone at 414/259-0640, online at EventBrite or mail this form  
(with check payable to OA-MAI) to OA-MAI, PO Box 270054, Milwaukee, WI  
53227

[Refunds available through October 12, 2024; processing fees may apply]



ALWAYS TO EXTEND THE HAND AND HEART OF OA  
TO ALL WHO SHARE MY COMPULSION,  
FOR THIS I AM RESPONSIBLE.