



Is food a problem for you?

- Do you eat when you're not hungry?
- Do you binge, purge or restrict?
- Is your weight affecting your life?

JOIN US FOR THIS UPCOMING OA WORKSHOP



Wichita
Mid-Continent
Intergroup

Recovery - Our Primary Purpose

EVENTS OF THE DAY on Saturday, April 26, 2025
Traditions & Service Workshop Sponsored by:
Region 3 & Wichita Mid-Continent Intergroup

Location: Newman University
Bishop Gerber Science Center, Room 105 (follow the flags)

- ❖ 8:00-8:30am – Registration
- ❖ 8:30-8:50am – Opening & Introduction of Keynote Speaker
- ❖ 8:50-10:50am - Traditions and Service – How to Use Traditions in Relationships
- ❖ 10:50-11:00am – Break
- ❖ 11:00-11:50m – Relapse – Symptoms & Prevention
- ❖ 11:50-12:50pm – Lunch at Newman Cafeteria (approx. \$9.00) or On Your Own
- ❖ 12:50-1:40pm - Food Plan as Spiritual Tool
- ❖ 1:40-2:30pm - Steps 6 & 7 – Events, Thoughts & Feelings
- ❖ 2:30-2:40pm - Break
- ❖ 2:40-3:20pm - Step 10 – Rapid Process
- ❖ 3:20-3:30pm – Closing and Clean-Up

**TRADITION 7
DONATIONS
ACCEPTED**

Fellowship Meal (with significant other)
Spears Restaurant at 4323 W Maple St.
Friday, April 25, 2025, from 5:45-8:15pm
Speaker will Share Her Story of
Experience, Strength & Hope
RSVP for Dinner by Fri, 4/18/25
Text or Call Barb H. at 316-733-2136

Zoom Login ID: 504 914 3635
Passcode: BPresent
For More Info Call Barb H.
at 316-733-2136

To attend workshop, RSVP by
Fri, 4/18/25 by texting or calling
Barb H. at 316-733-2136

Saturday, 04/26/25
8:00am – 3:30pm CST
OA Literature for Sale Cash/Check

HYBRID

Overeaters Anonymous
♦ Together We Get Better

