



We Welcome Everyone to Join Us For IDEA Day Focusing on OA in the Holidays

Time: 10 am to 2 pm PST

Zoom Meeting

Meeting ID: 201 025 0087

Passcode: PEN2025

Link: <https://us05web.zoom.us/j/2010250087?pwd=u49BslDaBuqeEAKnnKhXNyqCWsOWqt.1>

Agenda:

Opening Readings

3 Speakers with Q & A

OA Meeting w/Open Share

Closing

**Overeaters Anonymous
International Day of
Experiencing Abstinence**

**I.D.E.A. Day
Workshop
November 15, 2025**

Sponsored by

OA Peninsula Intergroup

For more information contact

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