

# HOW-Overeaters Anonymous

## Northern California Intergroup

### HOW RETREAT

Saturday, June 11, 2022

**Via Zoom, meeting id to be provided once you register**

10:00 a.m. – 4:00 p.m.

**THEME: GIFTS OF RECOVERY**

SUGGESTED DONATION: \$20.00 (includes 1 chance in drawing for quilt)

Additional chances can be purchased for \$5.00 each

**Registration forms will be out shortly. Registration will CLOSE by June 8, 2022. If you are NOT registered by then, you will no longer be able to attend.**

TOPICS:

**Action Plan & Time Management**

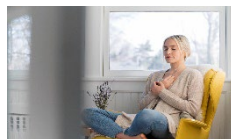
**Raising Small Children**

**Challenges of Aging & Medical Issues**

**Care Taking**

**Maintenance & Body Image**

*Meditation, stretching and ocean breathing will be held throughout the day during breaks.*



**Breakout rooms will be offered on certain topics**