

Intergroup of Minas  
Gerais invites you:

# IDEA DAY

International Day of  
Experiencing Abstinence



IG MINAS GERAIS DE COMEDORES COMPULSIVOS ANÔNIMOS

## Day/Time

**18/11/2022 - 5:30pm to 7:30pm** (Central)

How do we apply steps 1, 2 and 3 to all our activities?

**19/11/2022 - 5:30pm to 7:30pm** (Central)

The 9 recovery tools - Am I applying them to all my activities?

**20/11/2022 - 8am to 10am** (Central)

Long Sharing:

- How did you recover after relapse?
- Abstinence and Service

Meeting ID: 886 8354 7288

Password: 121212