



How can I  
recommit to my  
recovery?

Is there a  
difference  
between a slip  
and a relapse?

# RECOVERY FROM RELAPSE WORKSHOP

## OVEREATERS ANONYMOUS

Middle Tennessee Intergroup



**SUNDAY  
DEC  
17  
1-2:30 PM  
CENTRAL**

**Zoom Meeting ID: 939 2222 8735**  
**Password: Serenity**  
**Questions?**  
**Call or Text Tom W.**  
**(310) 936-6694**



An Interactive  
Workshop



**Let's Have Fun!**