

Want to know how to recover?

**Learn the Keys to Recovery
from Compulsive Eating
at OA R2 Convention on Zoom!**



Overeaters Anonymous Region 2
CONVENTION 2021
Friday, July 9 - Sunday, July 11

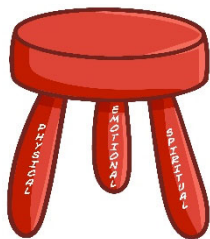
Join us as we explore the PHYSICAL, EMOTIONAL, and SPIRITUAL aspects of recovery from our disease.

-PLUS-

**Relapse Prevention - Attracting Recovery
Big Book in a Nutshell - Principles of the Steps**

Join us for a weekend full of inspiration, fellowship and fun as we celebrate our diversity and unity in recovery. We are all OA!

Simultaneous Spanish Translation - Closed captioning available



Recovery is a 3-Legged Stool

We may come to OA for physical recovery. Certainly, we want to reach and maintain a healthy weight. We realize that the disease of compulsive eating reaches far beyond the physical to encompass the emotional and spiritual.

To recover, we need to work on all three legs of the stool in order to be in balance – physical, emotional, and spiritual. These are the **KEYS TO RECOVERY!**

Please note: The Convention is Region 2's only major annual fundraiser, allowing us to carry the message throughout the year: holding conventions and assemblies, connecting local groups, supporting community outreach, and more. The past year has been historically significant, filled with challenges but also opportunities. **Please consider making an additional donation** to support the work of carrying the message of recovery to Compulsive Eaters who still suffer.

Region 2 serves California, Hawaii, Mexico and Northern Nevada and exists to support individuals in need of recovery from compulsive eating through empowering all groups within the region. Region 2 of Overeaters Anonymous serves California, Hawaii, Mexico and Northern Nevada and exists to support individuals in need of recovery from compulsive eating through empowering all groups within the region.

