

Sunday,
June 1, 2025



hosted
by MWI
Intergroup

ABSTINENCE IN THE WORKPLACE

Join us for a practical and
supportive workshop on
navigating abstinence at
work. We'll explore how to
handle food in the office,
take breaks for self care,
and set respectful
boundaries with coworkers
—all while staying grounded
in OA principles

<https://zoom.us/j/7056582426>

1:30 PM
(ET) Zoom

visit
metrowest
oa.org for
more
details

chat or
email for
password



All are
welcome