



GRATITUDE-ABSTINENCE

November 17, 2018

OVEREATERS ANONYMOUS(OA)

**IDEA Day
International Day of Experiencing
Abstinence**

8:30 – 10:00 Walkathon

**10:00 – 10:30 Arts/Crafts Sale,
Gratitude Basket**

10:30—12:00 Speaker, Game, Share

**Advent Lutheran Church, Gymnasium
8840 University Blvd., Charlotte, NC 28213**

**OVEREATERS ANONYMOUS
150 countries, 80,000+ members**

**Together we get better
Contact: Jim C., 704-641-4958**