



**OVEREATERS  
ANONYMOUS®**

**REGION 8**

TWELFTH STEP WITHIN COMMITTEE

PRESENTS AN ONLINE WORKSHOP

# The Joy of Abstinence



**DATE:**

**Sunday,  
August 2, 2026**



**TIME:**

**3 p.m. to  
5 p.m. EST**



**LOCATION:**

Zoom Link:

[https://us02web.zoom.us/j/87321771259?  
pwd=Shh0ORxLo5Ax6xar2tZQF6PHPYULvZ.1](https://us02web.zoom.us/j/87321771259?pwd=Shh0ORxLo5Ax6xar2tZQF6PHPYULvZ.1)

Zoom ID: 873 2177 1259

Passcode: 829796



**SUGGESTED DONATION: \$5.00** *via the SOAR 8 website*



Photo credit: "A lake surrounded by mountains and trees" by Dylan Taylor, Unsplash License.

[https://unsplash.com/photos/a-lake-surrounded-by-mountains-and-trees-u2MwcM0b\\_zw](https://unsplash.com/photos/a-lake-surrounded-by-mountains-and-trees-u2MwcM0b_zw)