

# Twelve Stepping a Problem: A Workshop

Facing a Health, Financial, or Relationship Problem?  
Learn How to Address Them with the 12 Steps.



Consult with fellow members and strengthen your knowledge of the  
12 steps and 12 traditions.

Learn how your Higher Power can help you maintain sobriety from unhealthy  
food obsession.

Learn the daily disciplines of members with long-term abstinence.

**Sunday, April 14<sup>th</sup> @ 1:30 PM to 3:30 PM**

**Holy Cross Hospital  
1500 Forest Glen Road  
Silver Spring, MD 20910**

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