



The Washington D.C. Metro Area OA Intergroup presents:

“Body Image” Workshop

A panel of speakers invited include OA fellows from Los Angeles, New York and around the country!

*Hear from speakers on how they use the tools, steps and principles of OA to work through their body image challenges. Body image affects people differently; in OA, we share our experience, strength and hope offering inspiration for others with similar thoughts, feelings and behaviors. Body image could represent how we perceive and reflect ourselves to be – physically, mentally and spiritually.**

When: Saturday, September 26 1:00 p.m. E.T. (10:00 a.m. P.T.)

What: One-Hour workshop, includes a panel of speakers and Q&A

Where: Zoom video: <https://zoom.us/j/86534987214>
Dial-in: 301 715 8592
Meeting ID: 865 3498 7214
Password: 521371

Questions? Call/text Debbie D., Inreach Chair, OA DC Metro IG. 202-271-9301

Learn more about the OA meetings in Washington, D.C. and neighboring Maryland counties:

<https://www.oa-dcmetro.org/>