



**OVEREATERS
ANONYMOUS®**
Miami-Dade and the Keys Intergroup



~ *Sponsored by MDKIG* ~

OA's 11th Step Workshop

"Mindful Meditation - Giving Thanks"

A Zoom Workshop Every Friday Morning for 5 Weeks ...

MDKIG is offering an 11th step practice for everyone. With compassion and gratitude, we will sit with what is and what arises, inviting acceptance, courage and wisdom.



Dates: October 30th - November 27th

Time: 10:30 A.M. - 11:30 A.M.

Contact: janey be / janejaneyom@gmail.com / (847) 721-6623

Join Zoom Meeting: <https://us02web.zoom.us/j/85322694237?pwd=b0llaWR3dnM3WG4rTWIwChJlU0Zwdz09>

Meeting ID: 853 2269 4237

Password: 305305

Dial-in: +1 929 205 6099 US ET

A donation can be made through our venmo account - treasurer@oamiami.org

Come and experience the power of group meditation!