



OA Region 5 Convention

Saturday 10/2 8:30 AM - 9 PM EDT
 Sunday 10/3 8:30 AM - 12:15 PM EDT

- Dancing
- Fellowship
- Entertainment
- Keynote Speakers
- Panels
- Workshops

Hosted By Central Ohio Service Intergroup
 via Zoom

Service Opportunities

- Speaker/Panelist Hosting/Hospitality
 Zoom Aide Available Sponsor Other

Suggested Donation

- \$15 \$20 \$25 Other

Convention Preview

- Many Voices** Our experiences
One Solution The 12 Steps of Overeaters Anonymous

This engaging event will celebrate recovery across the diversity of compulsive eating behaviors, disease manifestations, personalities, and beliefs.

The virtual format allows us to explore the following topics through speakers, panels, and workshops:

- 12 Steps of OA
- Abstinence through Action
- Acknowledging and Accepting Emotions
- Diversity in Lifestyle and Community
- The Principles
- Sponsorship
- Many Journeys to Recovery
- Experience, Strength and Hope

Register

OARegion5.regfox.com/region-5-2021-convention
 Registration closes September 30, 2021

Payment can be made at time of registration or mail a check along with your name and e-mail address to:

Central Ohio Service Intergroup-Convention
 PO Box 14268
 Columbus, OH 43214-4268 USA

Questions: (614) 636-1554
treasurercosig@gmail.com

