

*Channel Island Intergroup of
Overeaters Anonymous*



Presents:

PRE-LAPSE: Heading for Disaster
**RELAPSE: How to Recover and
Stay Recovered**



*Join us in beautiful
Carpinteria as TWO
fellows, one with
experience with
painful relapse and
one who has had no
relapses in over 20
years in program,
share what they have
learned and how
they are staying in
recovery, one day at
a time.*

Saturday, October 7

12-1 PM: Bring your lunch and enjoy fellowship

1-3:30 PM: Workshop

Carpinteria Faith Lutheran Church

1335 Vallecito Place, Carpinteria CA 93013

Please bring your Big Book, paper and pen!

Cost \$10 —But no one will be turned away.

For more information, call or text Elaine at 909 908-7069.