



**Great for
Newcomers or
LongTimers!**



OA Central Ontario Intergroup

Presents a:

Quick Step Study

- TUESDAYS (Five sessions)
Jan 31, Feb 7, 21, 28 and Mar 7, 2023.
(Skip Feb 14)
6:00pm – 7:30pm ET.
- By Zoom or phone
- Free - 7th Tradition
- Session Format: Write on the step, share on the step. (Read the step ahead of time.)
- You don't have to attend all the sessions
- Registration is limited:
 - Please register early to receive the handouts and zoom details.
 - Registration required 24 hours ahead of the start time.
 - Register by emailing:
coiquicksteps@oaontario.org

 **OVEREATERS
ANONYMOUS.**
CENTRAL ONTARIO INTERGROUP

**“This workshop has been
all and more than I could
have hoped for.”**

~former workshop participant