

**Virtual Spring Day In  
OA HOW  
presented by Valley Sierra  
OA HOW Intergroup**

**H.A.L.T.**

**Do Not Allow Yourself To Get Too  
Hungry, Angry, Lonely, and Tired**

**May 22, 2021**

**11:30 - 1:30**

**Speaker & God Box Tutorial**

**Via Zoom**

**PLEASE Join Us!**

**Join Zoom Meeting**

**<https://us02web.zoom.us/j/85921130417?pwd=enh4VkQ2clRWQnBUdHFtdjUvN2lCUT09>**

**Meeting ID: 859 2113 0417**

**Passcode: 582268**

**+1 669 900 9128 US (San Jose)**

**Meeting ID: 859 2113 0417**

**Passcode: 582268**