

Holiday Hype? or Holiday Happiness!

Do you suffer from Seasonal Allergies of the Mind and Seasonal Cravings of the Body?

Join us for conversations on holiday challenges facilitated by Overeaters Anonymous members

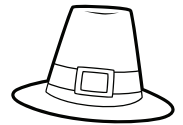
Three SHORT zoom events from 2-3pm CT



Complete! See you in November!
October 16, 2022
Halloween - 'Scary' or 'Spooky'?



Sunday – November 13, 2022
Thanksgiving - 'WE Are Family!'



Sunday – December 4, 2022
Christmas/Kwanzaa/Hanukkah/New Year
'Celebrate or Commiserate?'



- Learn tips and tricks to help with holiday temptations and pitfalls
- Get a **Holly Buddy** to connect with through the holidays

“It is weakness, not strength, that binds us to each other and to a Higher Power and somehow gives us an ability to do what we cannot do alone.”

Hosted by the Houston Tuesday 6pm (Central) Newcomer Meeting

Contact Info:

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Zoom Info:

Meeting ID: 811 7402 6732
Passcode: 2020