



Are you new to OA or just need help getting through the Steps?

Completing this two-part  
**OA Quick Steps Workshop**  
may be just the answer.

Dates: **Saturday, Nov. 9, 2024 AND**  
**Saturday, Nov. 23, 2024**

Time: **9:00am–1:00pm (CST)**

Location: **on Zoom**

One of the promises in the AA Big Book is that before you're done with Step Nine, the obsession is lifted. Increase your chance of success with abstinence by joining the OA Quick Steps series!

To register, click on the following link:

<https://airtable.com/shrI6LWbh1vgMjCeV>

Please direct any questions to:

[unityquicksteps@gmail.com](mailto:unityquicksteps@gmail.com)

Registration is required as **class size is limited**. Zoom link will be sent to registrants.

There are no fees for this workshop, but we encourage a 7th Tradition donation to Unity Intergroup.

You will need to have a sponsor or someone who can listen to your 5th Step.

Time commitment is two Saturday sessions, plus homework. **We expect participants to attend both sessions.** Expect to be very busy working on recovery for these weeks!

**The purpose of this workshop is to get people through the 12 Steps quickly so they can experience successful, life-long recovery, and to aid in the retention and growth of recovered compulsive eaters in OA.**