

OA QUICK STEPS WORKSHOP

A Two-Part In-Person Series

**Are you new to OA?
Need help getting through the Steps?
Ready to work the steps again?**

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

DATES

Saturday, May 2, 2026 · Saturday, May 16, 2026

TIME

9:00 am – 12:30 pm (Central)

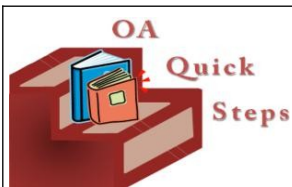
COST

\$25 *(Full scholarships are available)*

LOCATION

Lake Nokomis Presbyterian Church
1620 E 46th Street, Minneapolis, MN 55407

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—join the OA Quick Steps series!



To register, visit the Unity website:

overeaters.org → click “Upcoming Events”

Questions or scholarship needs:

quickstepsunity@gmail.com

Registration is required — **class size is limited.**

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

Time commitment is two Saturday sessions, plus 4th Step homework. **We expect participants to attend both sessions.**