

GETTING ABSTINENT!

JOIN US FOR OUR 1ST 2026 WORKSHOP

SATURDAY, MARCH 7TH

12:00 PM - 1:30 PM EST

Explore the challenges/paths/tools to GETTING ABSTINENT as:

**We help each other understand
the complexity of learning to eat
in a healthy way.**

There will be 3 panelists discussing:

Getting abstinent in the first year of recovery

Getting abstinent after relapse

Getting abstinent with long-term abstinence

The workshop will include guided questions and open discussions between each speaker.

Zoom Access

Meeting ID: 466 490 2718

Passcode: 885574