

# **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**