



**Great for
Newcomers or
Long Timers!**



OA Central Ontario Intergroup

Presents a:

Quick Step Study

- ⦿ FRIDAYS (Five sessions)
May 5, 12, 19, 26, and June 2, 2023
8:00pm – 9:30pm Eastern Time
(Toronto/New York time)
- ⦿ By Zoom or phone
- ⦿ Free - 7th Tradition
- ⦿ Session Format: Write on the step, share on the step. (Read the step ahead of time.)
- ⦿ You don't have to attend all the sessions
- ⦿ Registration is limited:
 - Please register early to receive the handouts and zoom details.
 - Registration required 24 hours ahead of the start time.
 - Register by emailing:
coquicksteps@oaontario.org

 **OVEREATERS
ANONYMOUS.**
CENTRAL ONTARIO INTERGROUP

**“This workshop has been
all and more than I could
have hoped for.”**

~former workshop participant