


Virtual Region of Overeaters Anonymous



Virtual
Training

<https://oavirtualregion.org>

...my recovery depends on OA unity...

How fortunate that we now have so many virtual meetings! Of course, this new technology does have some different challenges.

The OA TRADITIONS keep our meetings on track and functioning to nurture recovery for all. Learn -

1. Host and co-host training
2. Transitioning from face-to-face meetings
3. Best practices of OA TRADITIONS in virtual meetings.

Sunday, MARCH 29 at 3 - 5 pm EDT

I N S T R U C T I O N S

ZOOM login: <https://zoom.us/j/557696207>

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Phone Meeting ID: 557 696 207

Before meeting download and test zoom on your tablet, smartphone or computer in advance. If you need basic zoom training, please join in 20 minutes early.