

Virtual Region of Overeaters Anonymous



BASIC

**Virtual
Training**

<https://oavirtualregion.org>

9 TOOLS + going to Virtual Lengths for my recovery

Back by popular demand! How to use the ALL 9 Tools during at this time. If you want to learn what virtual meetings are available and how to attend...join us.

LEARN :

1. Joining and attending an OA meeting on Zoom
2. 9 Tools of Recovery
3. Question & Answers

Friday, April 3 at 1- 3 pm EDT

Sunday, APRIL 5 at 1- 2 pm EDT

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

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

One tap mobile: **+17207072699 557696207#**

US -or- +16465588656 557696207# US (NY)

PHONE: +1 720 707 2699 US -or- +1 646 558 8656 US (NY)

Phone Meeting ID: 557 696 207

Please download Zoom in advance to test on your device. .