

# 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

**NEW**

**ZOOM PASSWORD  
NEEDED: 120912**

**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. .**