



**MBI's 2021 Fall Retreat: Fall into Recovery:
Practicing These Principles in All Our Affairs
October 10, 2-5pm, 2021**

Come away from your daily life for a brief time of recovery and fellowship.

How do you stay abstinent, one day at a time? How do you practice the principles of the program "in all your affairs?" Our speakers will share their experience, strength, and hope on how they use the Twelve Steps to maintain their physical, emotional, and spiritual recovery from compulsive eating.

Please join us on Zoom or by phone for an afternoon retreat experience.

Registration is required. No fee.

To register, send an email to: OAMBIretreat@gmail.com

Tell us: Will you join Zoom on your computer? Or using your cell phone? You will receive an email with the Zoom information a few days prior to 10/10.

If you need to call in by phone (not Zoom), call the MBI office: 781-641-2303 and leave your name and phone number and your request to join the retreat by phone. We will call you prior to the retreat and give you phone numbers to use.