



IDEA DAY WORKSHOP

co-sponsored by:
North Shore & New Hampshire
Intergroups

INTERNATIONAL DAY EXPERIENCING
ABSTINENCE (IDEA), CELEBRATED IN
NOVEMBER, ENCOURAGES OA MEMBERS
WORLDWIDE TO BEGIN OR REAFFIRM THEIR
ABSTINENCE FROM COMPULSIVE EATING

SATURDAY, NOVEMBER 15, 2025
WORKSHOP 10AM-NOON
REGISTRATION 9:30AM

(PRIOR REGISTRATION NOT REQUIRED)

TRIUMPHANT CROSS LUTHERAN CHURCH

171 ZION HILL ROAD
SALEM, NH 03079



**ADA
ACCESSIBLE**

[Click here for directions](#)

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