

**From:** OA Virtual Region Workshop Committee <oavirtual@oavirtualregion.ccsend.com> on behalf of OA Virtual Region Workshop Committee <workshop@oavirtualregion.org>  
**Sent:** Monday, July 5, 2021 12:02 PM  
**To:** info@heartoftexasoa.org  
**Subject:** VIRTUAL REGION WORKSHOP SERIES JULY & AUGUST



Dear Regions, Intergroups, Groups and Individuals of Overeaters Anonymous,

The Virtual Region of Overeaters Anonymous is excited to tell you about our upcoming workshops in the workshop series. **We can access the flyers for July 11th, July 24th, August 8th, August 28th.**

We are looking forward to you joining us. Please pass this information on to all groups and individuals in your area. All regions, intergroups, groups and individuals are most welcome to attend.

Virtual Region Workshop Committee

We will hear from the speakers first, questions for the speakers and open sharing time will then follow.

#### **VIRTUAL REGION WORKSHOP ROOM INFORMATION**

Please click on the link below with a computer or laptop to get the conference's video portion, or you may download the [zoom.us](https://zoom.us) app to use with a smart tablet/phone.

Join Zoom Meeting

<https://us02web.zoom.us/j/89165540024?pwd=eXZWSUNNdVhtZ3hHZHZJY2RRRejkzdz090>

**Meeting ID: 891 6554 0024**

**Password: 120912**

For international dial-in numbers: <https://zoom.us/zoomconference>

Suggested workshop contribution \$5

<http://oavirtualregion.org/region/seventh-tradition/>

Podcasts from previous workshops:

<https://oavirtualregion.org/events/vrworkshops/virtual-region-podcasts/>

FOR MORE INFORMATION:

<https://oavirtualregion.org/events/workshops/>

(Sharlotte) [workshop@oavirtualregion.org](mailto:workshop@oavirtualregion.org) or

(Lee) [vicechair@oavirtualregion.org](mailto:vicechair@oavirtualregion.org)

**Come together with the “Fourth Saturday of the Month Workshop” for rotating topics, brainstorming and sharing ideas that WORK!**

**YOU CAN FIND FLYERS FOR THE UPCOMING WORKSHOPS IN VARIOUS FORMATS HER**

**JULY 11 - THE SPONSOR - SPONSEE CONNECTION**

**JULY 24 - BONDAGE TO SELF**

**AUGUST 8 - A THREEFOLD DISEASE - PHYSICAL, EMOTIONAL, AND SPIRITUAL**

**AUGUST 28 - THE PROMISES**

OA Virtual Region | 163 Highland #1301, Needham, MA 02494

[Unsubscribe info@heartoftexasoa.org](mailto:info@heartoftexasoa.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [workshop@oavirtualregion.org](mailto:workshop@oavirtualregion.org) powered by

