



**Great for
Newcomers or
LongTimers!**



OA Central Ontario Intergroup

Presents a:

Quick Step Study

- ◎ TUESDAYS (Five sessions)
Feb 20, 27, Mar 5, 12 and 19, 2024
2:00pm – 3:30pm Eastern Time
(Toronto/New York time)
- ◎ By Zoom or phone
- ◎ Free - 7th Tradition
- ◎ Session Format: Write on the step, share on the step. (Read the step ahead of time.) Day 1 = Steps 1, 2, & 3, Day 2 is steps 3 – 4, etc.
- ◎ You don't have to attend all the sessions
- ◎ **Registration:**
 - Registration required 24 hours ahead of the start date or individual session.
 - Register by emailing:
coquicksteps@oaontario.org

◎ **CHECK YOUR JUNK MAIL** if you don't hear from us.
Email again if that doesn't work. And email again!

 **OVEREATERS
ANONYMOUS.**
CENTRAL ONTARIO INTERGROUP

**“This workshop has been
all and more than I could
have hoped for.”**

~former workshop participant