

Preparing for the



Friday, October 29, 2021

Hosted by the Friday 8PM ET (5PM PT)

100 Pounders OA Zoom Meeting

<https://zoom.us/j/6351872048?pwd=UDRzZVBHMmRaMUc1VGFMZEJjS29Mdz09>

Meeting ID: 635 187 2048

Password: 457892

At this special event, we will have several 100-pounder speakers who together have literally abstained through hundreds of holidays. The focus will be on practical ways of abstaining from compulsive overeating through the holiday season.

The Friday 8PM ET (5PM PT) 100 Pounders OA Zoom meeting meets every Friday night at this time and URL. This is a special focus Overeaters Anonymous meeting that focuses on the special needs of those of us who have lost or need to lose 100 pounds or more but is open to anyone who desires to stop eating compulsively.

To dial in by phone, the number is +1 301 715 8592. Then enter the meeting ID of 635 187 2048 and the password 457892.

Questions? Call or text Jim A. at +1 (703) 851-8575