



## **Getting Started or Re-started in OA**

**8 PM Eastern Time. Friday. January 1. 2021**

OA has helped many people recover from problems with eating and weight. If you would like to check out OA for the first time, or try it again, or simply come to a good meeting and hear how it works, come along!

The Arlington Friday Night 100 Pounders Zoom meeting is having a special New Year's meeting with speakers who will share on ...

..... **hope** + *food plans* + **recovery** + *sponsors* + *higher power* + **TOOLS**  
+ **steps** + *Q&A* + **Welcome!**

Join us at:

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

Zoom meeting ID: 635 187 2048; password 457892.

To join by phone, call +1 301-715-8592 and enter the meeting ID and password.

For more details, call or text Jim A. at (703) 851-8575.

*Please pass this announcement on!*