



# Actions in Recovery



**A group discussion series for everyone  
who wants to abstain from compulsive food behaviors**

Sponsored by the  
NYS Capital District Intergroup  
of Overeaters Anonymous

*November 2017 Topic:*

**How do we approach a person we care about who we  
know is suffering from a problem with food?**

**Saturday, Nov. 18, 2017  
10:10 a.m. – 10:45 a.m.**

**Delmar Reformed Church  
386 Delaware Avenue  
Delmar, NY**

*Come for the 9 a.m. OA meeting and stay for the discussion!*

Specific foods, restaurants, numbers on the scale,  
and weight loss or gain may be part of this open discussion.

All are welcome to attend the abbreviated Intergroup meeting  
that takes place immediately following the discussion.

For more info, email [lynne5185@outlook.com](mailto:lynne5185@outlook.com)