

**What is isolating?
How is it affecting my program and recovery?
How can we help others?**



Come join us for

Break Out of Isolation

Marathon Meeting

**Friday March 22 7-9pm
(Registration from 6:45)**

McDougall United Church M&M room - main floor 8516 Athabasca Street SE

Suggested donation \$5 - \$10

**Hosted by Friday Evening Meeting
Overeaters Anonymous Southern Alberta Intergroup**