

Nassau County Intergroup of Overeaters
Anonymous Workshop Committee

Presents

A Virtual Workshop

Saturday, July 16, 2022 1pm-3:30pm EDT

STEPPING UP YOUR BODY
IMAGE



Meeting ID: 774-646-690

Join Zoom Meeting:

<https://us04web.zoom.us/j/774646690>

Password: 535356

WORKING THE 12 STEPS TO A
POSITIVE BODY IMAGE

OUR WRITING
WILL BE
BASED ON
A QUESTION
FOR EACH
OF THE STEPS
ALL YOU NEED IS
PAPER AND PEN!