

Hosted by the 12th Step Within Committee

Are you up for the...



Recovery Challenge?

- **Join us** on this challenge - guaranteed to be fun, focused and fabulous for your recovery!
- **WHY?** To reinvigorate our recovery so that we have an even stronger message to carry
- **WHAT is it?** A series of 12 recovery activities over 12 days with Zoom workshops on the 1st and 12th day:
 - **Day 1** starts on **Sun 1 Dec 10.30am (1 hour zoom workshop)**
 - **Day 12** finishes on **Thu 12 Dec 7.30pm (1 hour zoom workshop)**
- OA's International Twelfth Step Within Day¹
- **HOW will it work?** Sign up to find out! And rest assured, there is nothing compulsory about any of it and, you will WANT to step up to the challenge!
- **WHAT else?** We have plans to turn this into an annual event so be part of the very first, inaugural challenge!
- **Still need more info?** It's essentially 12 days of key actions that can help prevent relapse and sustain recovery – actions that we can all test out and continue with, long after the 12 day challenge has ended

Sun 1 Dec 10.30am 1 hour ready-set-go workshop

Thu 12 Dec 7.30pm 1hour celebratory workshop

(online on Zoom - Sydney Australia time)

Register by 5pm the day before Day 1, by txt (or WhatsApp) Sharon +61 414 87 47 11
Zoom details will then be sent to you

¹ OA's International **Twelfth Step Within Day** is held on 12 December (12/12) each year with the purpose being to encourage OA service bodies, meetings, and individual members to reach out to those within the Fellowship who are still suffering from compulsive eating behaviours