

CNMI &
NNMOA
Intergroups

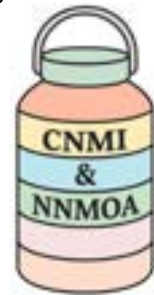
Traditions & Service Workshop

Saturday, October 25, 2025 11am-5pm MST
Sponsored by CNMI & NNMOA Intergroups & Region 3

Events of the Day:

- ❖ 11:00am - 12:00pm – Relapse – Symptoms & Prevention
- ❖ 12:00 - 1:00pm – Savor Each Bite while Eating Lunch Together
(bring your packed lunch)
- ❖ 1:00 - 3:00pm – Traditions & Service in Relationships
- ❖ 3:00 - 4:00pm – Food Plan as Spiritual Tool
- ❖ 4:00 - 5:00pm – Affirmation Circle

LOCATION: Taylor Ranch Public Library
5700 Bogart St NW
Albuquerque, NM 87120



**Don't forget your
water bottle!**

Bring a Packed Lunch

"Savor Each Bite"

**Bring Your Packed Lunch
and the Following Items:**

Plastic Fork * Paper Napkin
Serving Spoon * Large Paper Plate
Small Paper Plate * Aluminum Foil



**Friday Night Fellowship Dinner
October 24, 2025**

Join us in person from 5pm-7pm
(spouses are welcome)

Garcia's Kitchen

4917 4th St NW, Albuquerque 87107

Speaker will Share Her Story of
Experience, Strength & Hope

**RSVP for Dinner by Fri, 10/17/25
to Claudia (ph # below)**

**To Register
Click on the Logo**



**Zoom ID: 504 914 3635
Passcode: BPresent**

For More Info Contact

Claudia at 505-977-9297
abqworkshop1025@aol.com

Overeaters Anonymous

Hybrid – Registration Fee \$15 by Oct 17th and \$20 After

