

OA's International Day

Experiencing Abstinence

A full day program featuring a choice of workshops, a powerful panel discussion, a poignant play and a World Wide Moment of Silence

SAT - NOVEMBER 15, 2003

Pleasantville Presbyterian Church

400 Bedford Road

9:30 a.m. - 4:00 p.m.

Workshops:

A "Tool Kit for Abstinence"

Sex/Body Image and Abstinence

Climbing the Ladder Toward Recovery, One Step at a Time

09:30 - 10:00 Welcome and Coffee
10:00 - 11:30 Panel Discussion
11:30 -12:15 Lunch Break
12:15 - 01:15 Workshops-Choice of three
01:15 - 01:25 Break
01:25 - 02:25 Workshops-Choice of three
02:25 - 02:30 Convene in main room for Worldwide IDEA Day Moment of Silence
02:30 Moment of Silence
02:35 - 02:45 Break
02:45 - 03:00 Road Show Mystery
03:00 - 04:00 Discussion and Wrap Up

Whether you're abstinent or in relapse, this workshop is a must!

For Further Information - contact Carmela S (914) 769-5151 or csirico@us.ibm.com