



IDEA DAY WORKSHOP

co-sponsored by:
North Shore & New Hampshire
Intergroups

INTERNATIONAL DAY EXPERIENCING
ABSTINENCE (IDEA), CELEBRATED IN
NOVEMBER, ENCOURAGES OA MEMBERS
WORLDWIDE TO BEGIN OR REAFFIRM THEIR
ABSTINENCE FROM COMPULSIVE EATING

SATURDAY, NOVEMBER 15, 2025
WORKSHOP 10AM-NOON
REGISTRATION 9:30AM

(PRIOR REGISTRATION NOT REQUIRED)

TRIUMPHANT CROSS LUTHERAN CHURCH

171 ZION HILL ROAD
SALEM, NH 03079



ADA
ACCESSIBLE

[CLICK HERE
FOR DIRECTIONS](#)

[CLICK HERE FOR
NORTH SHORE INTERGROUP](#)

[CLICK HERE FOR
NEW HAMPSHIRE INTERGROUP](#)

FOR MORE INFO

[SEND EMAIL TO NEW HAMPSHIRE INTERGROUP](#)

[SEND EMAIL TO NORTH SHORE INTERGROUP](#)

or call 351-215-9074

Speakers
&
Writing

7th Tradition
Donation

Door Prizes

Lunch after
BRING YOUR
OWN

Water
provided

Literature
for sale