



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 14, 2026
WORKSHOP 10AM-NOON
REGISTRATION 9:30AM

(PRIOR REGISTRATION NOT REQUIRED)



ADA
ACCESSIBLE

TRIUMPHANT CROSS LUTHERAN CHURCH
171 ZION HILL ROAD
SALEM, NH 03079

[Click here for directions](#)

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North Shore Intergroup](#)

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FOR MORE INFO

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or call 351-215-9074

Speakers
&
Writing

7th Tradition
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Lunch after
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