



**Dallas Metroplex Intergroup of Overeaters Anonymous'  
2025 Twelve Steps Workshop Series**

The Dallas Metroplex Intergroup of OA is presenting a series of workshops that introduce the program and study the Twelve Steps as adapted for OA.

**You may attend these workshops live or view them via a live stream online, once per month for five months.**

Speakers from all over the world will share their stories live, explaining how they reached OA and the difference it has made in their lives. Whether you are simply curious about OA or an experienced member, you are welcome.

**The only requirement for OA membership is a desire to stop eating compulsively.**

**There are no dues or fees to attend this event, but an offering will be accepted.**

**February 1, 2025, 9:30 AM-12:30 PM CST: *An Introduction to OA and Steps 1,2, 3***

**March 1, 2025, 9:30 AM-12:30 PM CST: *An Introduction to OA and Steps 4 and 5***

**April 12, 2025, 9:30 AM-12:30 PM CST: *An Introduction to OA and Steps 6 and 7***

**May 3, 2025, 9:30 AM-12:30 PM CST: *An Introduction to OA and Steps 8 and 9***

**June 7, 2025, 9:30 AM-12:30 PM CST: *An Introduction to OA and Steps 10, 11 & 12***

**First United Methodist Church of Richardson  
(Ogden Fellowship or Mays Halls)  
503 N. Central Expressway (US Hwy. 75) -  
Richardson, TX 75080**

**ZOOM STREAMING LINK:**

**<https://us02web.zoom.us/j/163878393?pwd=NWd5RTlyN0FTZW93em1TNFZZU0NGdz09>**

**ID 163878393**

**Passcode is 694921**

**For more information, go to [oadallas.org](http://oadallas.org) or contact Bob ([bobjosch@msn.com](mailto:bobjosch@msn.com)) or Cindy ([bethechange@cheerful.com](mailto:bethechange@cheerful.com))**