



Super Saturday Workshop

Hosted by Central Arkansas Intergroup Overeaters Anonymous
CAIOA

No Registration, No Fees

Difference Between Abstinence and A Plan of Eating

When: March 1, 2025

9:00 am – 1:00 pm

Where: Fletcher Library (Community Room)

823 North Buchanan St (off University Ave)

Little Rock, AR

May also be attended via Zoom

Are you confused about your
abstinence or food plan? Need a
reboot regarding your food?

We can help put the pieces together!



Join us and learn more about:

- What is the difference?
- Formulating your own abstinence.
- Is my abstinence enough?
- What action do I take to make abstinence first without exception?
- Overview of a plan of eating-What it is and is not.

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