



EDA Big Book Step Workshop

Eating Disorders Anonymous (EDA)

The only requirement for membership is a desire to recover from an eating disorder

www.4EDA.org

We are delighted to announce a (free!) 16-week

EDA Big Book Step Workshop in Phoenix, AZ and on Zoom

We'd love to have you join us!

EDA's founders will discuss:

- EDA foundations
- EDA's similarities and differences relative to other Twelve-Step programs
- EDA's concept of Balance

Balance—not abstinence—is our goal

At each one-hour EDA Step Workshop session, a panel of EDA sponsors will share:

- Experience, strength and hope with respect to the Step being discussed
- Responses to questions from attendees
- See www.4EDA.org for the [16-week agenda](#) and [EDA Step Workshop Worksheets](#)

WHEN: Sep 06 to Nov 01, 2018: 6:15pm MST (6:15pm PDT, 7:15pm MDT, 8:15pm CDT, 9:15pm EDT)

Nov 08 to Dec 27, 2018: 6:15pm MST (5:15pm PST, 7:15pm CST, 8:15pm EST)

Arizona does not follow daylight savings time; the time in AZ does not change.

International attendees: please check [world clock time](#). Arizona is UTC-7 year-round.

No workshop on Thanksgiving, November 22nd

WHERE: Phoenix AZ and on Zoom (audio only)

Zoom phone number: US (west): 1-408-638-0968; US (east): 1-646-558-8656

Zoom Meeting ID is 570242738 # (Enter # again when asked for Participant ID)

If calling from another country, your dial-in number will be different, but the Meeting ID and Participant ID are the same. Please see the Zoom site for the dial in number for your country at

<https://zoom.us/zoomconference>.

*** Please note: Step Workshop sessions will be recorded and reviewed for possible posting to EDA's website. ***

Questions? Please e-mail StepWorkshop@eatingdisordersanonymous.org