



STEP WORKSHOP

Attend by calling or using Zoom

****Starts September 7th****

****Regular attendance is not required****

Saturdays

7pm EST

6pm CST

5pm MST

4pm PST

WE WILL SPEND 15 WEEKS CAREFULLY READING ABOUT THE 12 STEPS FROM THE
EATING DISORDERS ANONYMOUS BIG BOOK.
EACH WEEK A SPEAKER WILL ALSO SHARE ABOUT THEIR OWN RECOVERY JOURNEY.

If you are calling by telephone

The Zoom phone number for US (west): 1-408-638-0968

The Zoom phone number for US (east): 1-646-558-8656

When prompted enter **Meeting ID: 570242738**

(Then hit # when asked for Participant Number)

If you are attending on an electronic device you will be use using Zoom

Join the meeting by clicking on your Zoom icon or go to, [Zoom.us](https://zoom.us)

Select: Join Meeting, and enter the Meeting ID **570242738**

Select: Join

-- download the Zoom App by going to <http://zoom.us/join>

-- then download and run the Meeting Client Installer

For more information call or text Regina E. at 619-952-3903.