

# KEEP IT SIMPLE: 3 ESSENTIAL TOOLS FOR RECOVERY

## Time Recording - Sponsorship - Action Groups

Please join us a for an afternoon workshop featuring speakers on the 3 essential tools for recovery. Come learn a new technique or refresh your skills. We'll be teaching both manual and digital methods. The workshop will end with breaking into groups of 3 for mini action groups. There will be lots of fellowship!

**Sunday March 10, 2019 2pm – 5pm**

\$12 Suggested Donation (No one turned away)

Bethel Lutheran Church  
(2nd Floor - no handicap access)  
5750 W Olympic Blvd., Los Angeles 90066

- *Light Refreshments Served* -  
To maintain the spiritual tone, please allow  
yourself time for parking and seating.



Presented by the Southern California Undereaters Anonymous Intergroup (SCUA)

The primary purpose of SCUA is to carry the message to the Undereater who is still suffering and to communicate at the meeting level. Our intentions are to guide the groups in financial affairs according to the traditions of Alcoholics Anonymous, to hold workshops/special events, to create and maintain a meeting directory and to help SCUA to continue to prosper.

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