

# *STEPPING TOWARDS RECOVERY*

**HEART OF  
CANADA  
OVEREATERS  
ANONYMOUS  
2023  
CONVENTION**



**FRIDAY, OCTOBER 20:      REGISTRATION STARTING AT 6:30 PM,  
GUEST SPEAKERS: 7 - 9 PM**

**SATURDAY, OCTOBER 21: REGISTRATION STARTING AT 8:30 AM  
GUEST SPEAKERS: 9 - 4:45,  
FOLLOWED BY OPEN MEETING FROM  
5 - 6:00 PM**

**LOCATION:**

**JOHN BLACK MEMORIAL UNITED CHURCH  
898 HENDERSON HIGHWAY AT ROBERTA AVENUE.  
WINNIPEG, MANITOBA**

***COFFEE/TEA PROVIDED, PLEASE BRING YOUR OWN MUG/TRAVEL CUP***

**PLEASE JOIN US TO HEAR OUR TWO GUEST SPEAKERS FROM ALBERTA AS  
THEY SHARE THEIR EXPERIENCE, STRENGTH AND HOPE IN THE PROGRAM.**

**EARLY REGISTRATION CLOSES OCTOBER 1, 2023.**

**COST: \$30.00**

***AFTER OCTOBER 1: COST: \$40.00***

**CONTACT: [HEARTOFCANADACONVENTION@GMAIL.COM](mailto:HEARTOFCANADACONVENTION@GMAIL.COM) FOR  
INFORMATION AND/OR E-TRANSFER PAYMENTS**

**OR THE OA HOTLINE NUMBER FOR WINNIPEG (204-334-9008) AND  
LEAVE YOUR CONTACT INFO.**

**CHEQUES SHOULD BE MADE PAYABLE TO "OA INTERGROUP".**