

I.D.E.A. DAY

International Day of Experiencing Abstinence, join us for a Sober Eating Workshop and get powerful help in finding and keeping abstinence!

Sober eating:

- ✓ A commitment to identifying the foods that produce an allergic reaction and an alcoholic response.
- ✓ A belief that we owe it to ourselves to deal with our alcoholic foods like an alcoholic deals with alcohol.
- ✓ Our aim, with the help of a higher power, to arrest the addiction by removing foods that activate our cravings.



**Saturday,
November 14**



1:00PM-3:00PM EST



Register here:
<https://Ideaday2026.eventbrite.com>

**HOSTED BY MCI
INTERGROUP**

***All attendees must register. The zoom link and handouts will be emailed out the week prior.**



board@mci-oa.org