

**Please Join Us for
Phone Bridge (Area 10s)
Annual Spring Marathon**

This Sunday
April 21st, 2019
5:30 AM to April 22nd 1:00 AM
Eastern Time Zone

Call 712-775-7031 Access Cod 552-679-223#
Backup # 206-451-6113

Non-stop CEA-HOW Meetings

**Compulsive Eaters Anonymous – HOW
is here to help you stay strong and abstinent
during the holidays!**