

North Jersey Intergroup of Overeaters
Anonymous
(NJIOA) presents a Zoom Event

I.D.E.A. Day
International Day of Experiencing
Abstinence

Saturday November 15, 2025 2-4 PM ET



- Join us to celebrate, or to find the way to, abstinence
- 3 inspiring speakers will share their experience, strength and hope.
- Time for Q & A

Join Zoom Meeting

<https://us02web.zoom.us/j/81166697472?pwd=MF0pkQwcfURokkOaWEo5c6vveOkNq8.1>

Meeting ID: 811 6669 7472

Passcode: 25695

Dial in: +1 929 205 6099 US (New York)

Contact person: Fran 201-220-1440