

Is this *your* diet?



**We Can Help!**



**We're Here and We're Free®**

Seeking to expand  
your circle of  
recovery?

Look around  
this room!



Daily VoIP &  
Email Meetings

With an internet connection  
you can join a meeting  
from your phone, tablet or  
computer.

French and Dutch language  
meetings too!

Get the meeting directory at  
[www.CA-Online.org/Meetings](http://www.CA-Online.org/Meetings)