

CEA-HOW is a non-profit 12-step self-help group for anyone who has a problem with food. It is based on the principles of Alcoholics Anonymous.

If you have a problem with food addiction or compulsive eating, CEA-HOW might be for you. It's simple, it's free & it works! It's a new way of life.

Day	Time	Location	Contact	Format
Sunday	8:30 a.m. Mtg #1309	Bethel Park Library 5100 W. Library Road Bethel Park, PA 15102	Jane 412.951.9157	Book Study
Monday	6:30 p.m. Mtg # 1544	Avalon Ministry Center 336 South Home Avenue (Intersection of California & Home Ave) Pittsburgh, PA 15202 (Avalon)	Sharon 412.761.1100 (until 9:00 p.m.)	Step Study
	7:30 p.m. Mtg #1749	St. Andrew's Episcopal Church 208 West Foster Avenue, Room 235 State College, PA 16801	Sally 814-684-0135	Topic/ Discussion
Tuesday	7:15 a.m. Mtg #1323	Trinity Episcopal Church 550 S. Main Street Washington, PA 15301	Jeanne 724.228.2486	Pitch
	4:30 p.m. Mtg #1427	Dormont Presbyterian Church 2865 Espy Avenue Dormont, PA 15216	Laura 412.561.8176	Book Study
Thursday	7:00 a.m. Mtg #1999	Our Redeemer Lutheran Church 105 Gateshead Drive McMurray, PA 15317	Anthony 724.249.5056	Speaker/ Big Book
Friday	6:00 p.m. Mtg #1275	Our Redeemer Lutheran Church 105 Gateshead Drive McMurray, PA 15317	Denise 412.377.2334	Comes of Age Book Study
Saturday	8:30 a.m. Mtg #1283	Alliance Church 2510 Old Washington Road Upper St. Clair, PA 15241	Jane 412.951.9157	Attitude Adjustment
	9:00 a.m. Mtg #1816	Christ Church Parish House 122 N. Maple Avenue Rear Greensburg, PA 15601	Nancy 724.961.7706	Attitude Adjustment

Telephone: 412.225.1664

E-mail: info@ceahowpa.org

Web Site: www.ceahowpa.org

NOTE: There are CEA-HOW "Phone Bridge" meetings available seven days a week from 5:30 a.m. to midnight. See all times at <http://www.ceahow.org/bridge.htm>. These meetings use a free phone conference service, but callers are charged long distance fees based on their personal phone plan. The call-in number is 1.712.432.1680. The access code is 152077#. After entering the access code, press "1" to confirm the code number, then press " * 6 " to "mute" your phone. If you want to disable the "mute" function in order to speak, just press " * 6 " again. Go online for more info!