

I.D.E.A. Day

International Day Experiencing Abstinence

- Saturday, November 15, from 10 to 1
- First Baptist Church in Newton
- 848 Beacon St, Newton, MA 02459
- Plenty of free parking!

We've made it through Halloween, now let's get ready for the rest of the holiday season with a look at what we eat and why we eat it.

A candid discussion about food, food plans and abstinence including:

- Red, green and yellow light foods.
- Speakers, each with experience using a different type of food plan.
- Q&A session for all speakers.
- Open sharing.

For more information contact josiekins@ymail.com or visit www.metrowestoa.org