

OASAAI Presents

THE GREAT ESCAPE: UNLOCKING THE CYCLE



For many of us **Food** has been or is the “Exit Key”? Sometimes, life feels like a locked room—stress, anxiety, and triggers closing in while the clock ticks. In the heat of the moment, compulsive overeating feels like the only way out. But just like a “red herring” in an escape room, food is a false clue that keeps us trapped in the cycle.

The Parallel:

- **The Room:** The mental “pressure cooker” of emotional overwhelm.
- **The Red Herring:** Reaching for food to “solve” a feeling.
- **The Real Key:** Connection, honesty, and the power of the group.

The Solution: You don’t have to solve the puzzle alone. In an escape room, we need a team to see what we miss. In recovery, we need each other to find the real door to freedom based on the 12 Steps and Traditions of OA.

Join us as we bridge the gap between the “mental traps” and the joy of **FELLOWSHIP!**

All Event Details: Date is 6/27 at 2pm. Cost \$49, up to 8 can join.

- **Contact our Host Dawn** at 210-849-0027 to receive the required waiver beforehand.

Contact Information: Escapology Escape Rooms San Antonio, (726) 245-2469
602 Northwest Loop 410, 142 San Antonio TX 78216,
<https://www.escapology.com/en/san-antonio-park-north-tx/escape-games>.