



# GreySheeters Anonymous

## NOVEMBER WORKSHOP



**“Facing Life’s Challenges...Abstinently”**  
*A safe forum for open discussion*

# Aging in GreySheet



**Nov 1, 2026**

**3:00–4:30PM Eastern**



**All are welcome!**



**Zoom ID: 850 6000 0366**  
**Universal Password**

**This workshop will provide encouragement, shared experience, and practical tools to help us navigate aging while staying abstinent.**



For more information  
go to the GSA website

**<https://www.greysheet.org>**