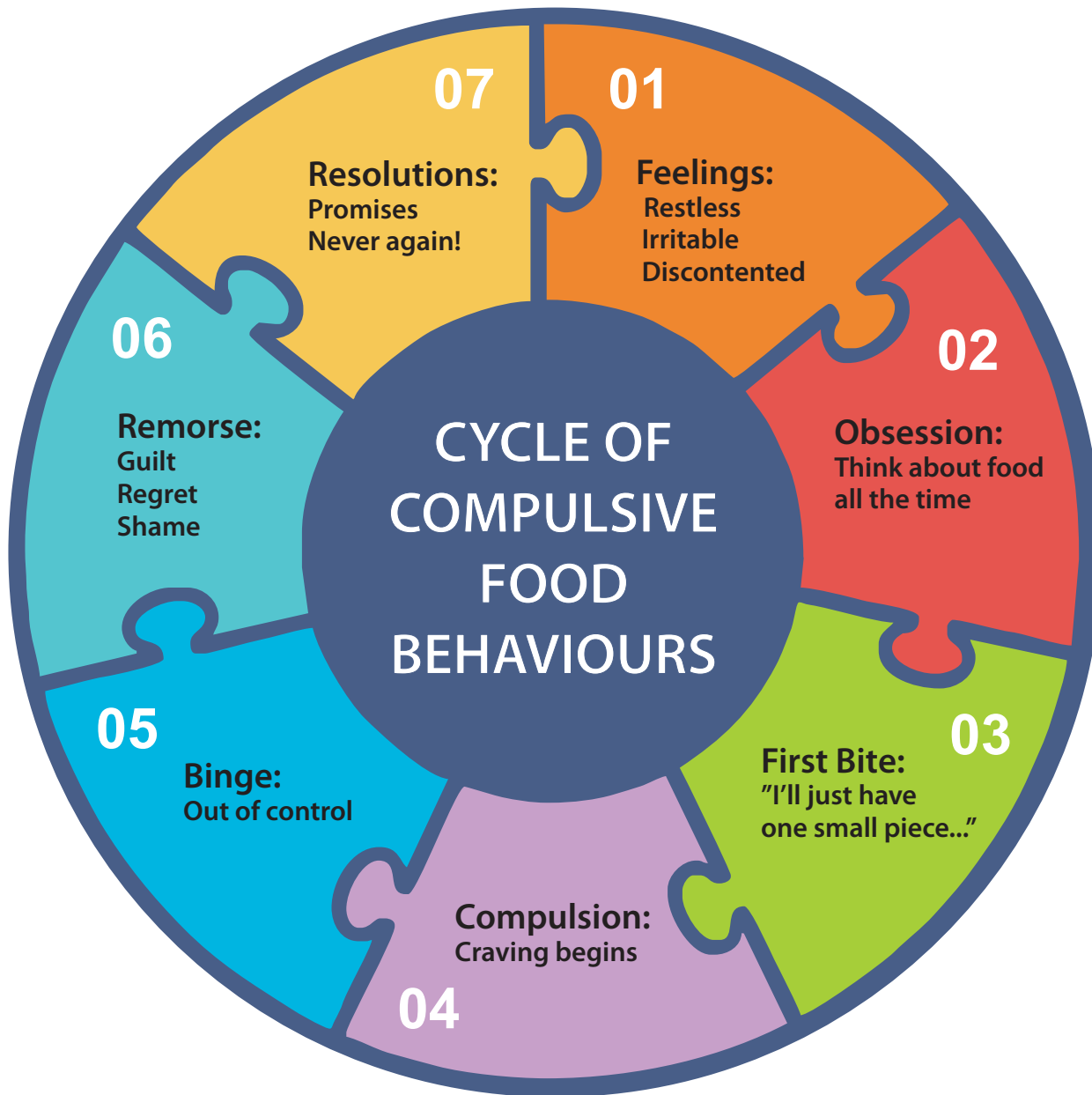




How do I get out of this cycle?
That is just it. YOU can't do it alone!

**Start living the life you deserve with
help from Overeaters Anonymous**

What does OA offer?

Acceptance: Unconditional acceptance and support through OA meetings.

Understanding: By sharing with others who have the same compulsion, you will gain new insights into your problem.

Three-fold solution: Physical, Emotional and Spiritual. Recovery on all three levels.

Recovery: For each OA member it is highly personal. There are no rules, just suggestions. Those of us who choose to recover one day at a time practice the Twelve Steps. As a result of practicing the Steps, the symptoms of compulsive eating and compulsive food behaviours are removed on a daily basis. In so doing we achieve lasting freedom from our food obsession and a new way of life.

What should I do next?

- ☑ Take the quiz to see if you are a compulsive overeater – oa.org/newcomers/is-oa-for-you/
- ☑ Watch the Newcomers Welcome Video – oaregion9.org
- ☑ Go to a meeting near you – oa.org/membersgroups/find-a-meeting
- ☑ Read Newcomers information on the website - oa.org/newcomers
- ☑ Prioritize your recovery

**Overeaters Anonymous -
your steps to recovery!**