

# Overeaters Anonymous



- Is a **Fellowship** of individuals, who through shared experience, strength and hope, are recovering from compulsive overeating.
- Its **primary purpose** is to abstain from compulsive eating and compulsive eating behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer

Overeaters  
Anonymous  
welcomes  
**EVERYONE** who  
wants to stop  
eating  
compulsively.

- Among us, you will find
  - *Under-eaters*
  - *Overeaters*
  - *Anorexics*
  - *Bulimics*
  - *Binge eaters*
  - *Purgers*
  - *Over-exercisers*
  - **ANYONE** *having a problem with food*

# How much does it cost to belong to Overeaters Anonymous?

OA has **NO** dues or fees.

The **only requirement** for OA membership is the desire to stop eating compulsively. We are self-supporting through our own contributions.

# How does OA work?

At our **MEETINGS** we offer **FELLOWSHIP** as we share our experience, strength, and hope while we carry the message of recovery.

**THE TWELVE STEPS AND TWELVE TRADITIONS OF OVEREATERS ANONYMOUS** which provides the framework for physical, emotional and spiritual recovery.

**ABSTINENCE** is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

# How do OA members benefit?

Unconditional acceptance, anonymity and support at OA meetings

The principles embodied in the Twelve Steps, which, when applied, lead to recovery.

An interior change comes about through working the Twelve Steps,

Relief from the obsession associated with our eating disorder

A new way of life one day at a time

# What can I expect at an OA meeting?



Love and understanding.



An invitation, if your wish, to introduce yourself.



A meeting in which you hear members share their experience, strength and hope



Reading from program literature



An opportunity to talk to individual members after the meeting



Confidence that your presence in the room and what you share there will remain there



Hope that the OA program can work for you

# Experience, Strength, Hope

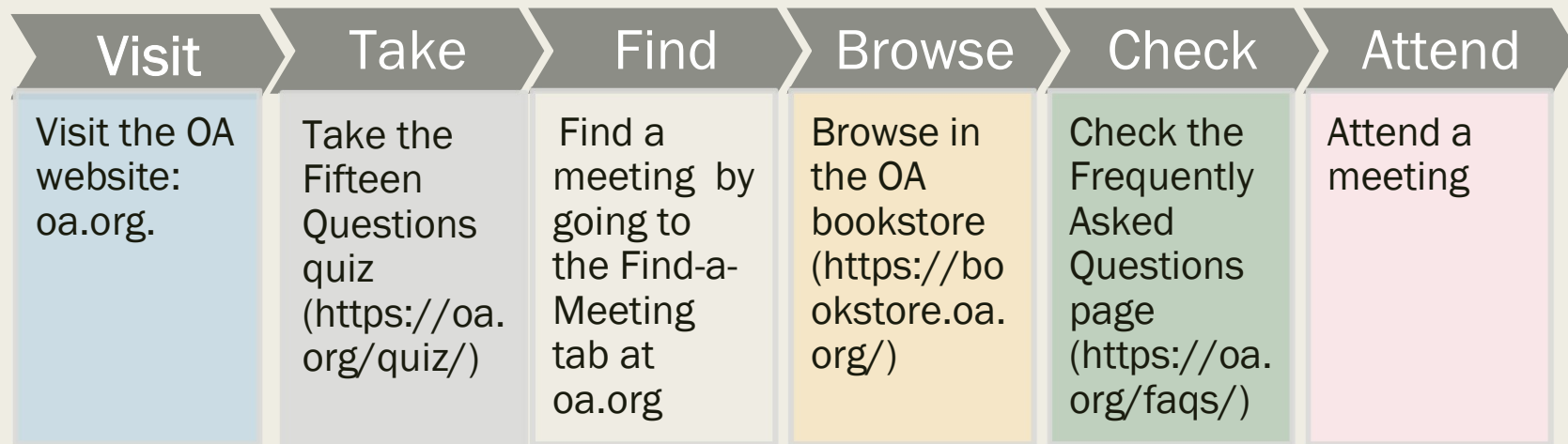
## OA RECOVERY STORIES







# How do I get Started?



# How/When did OA Begin?

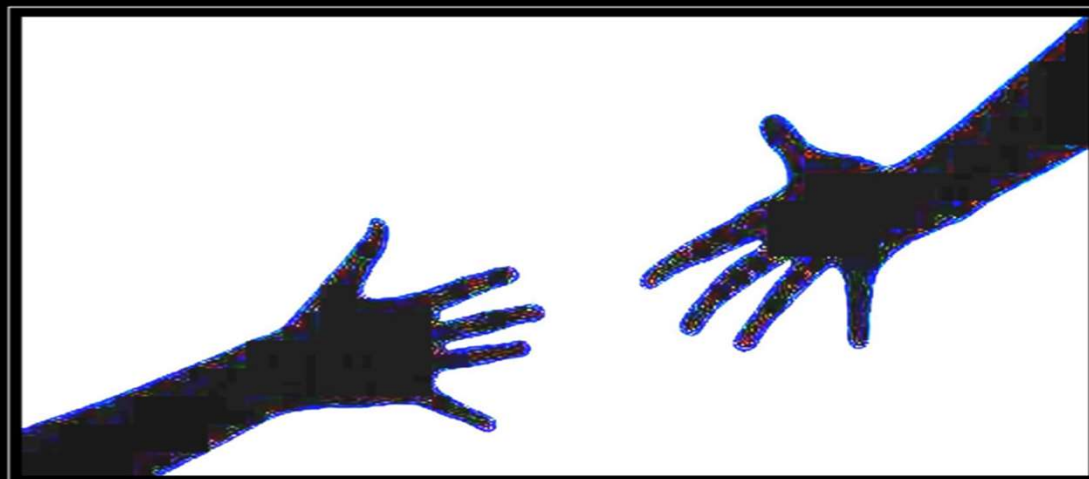
**January. 1960:** The first meeting of Overeaters Anonymous was held in January of 1960 in Los Angeles, California, with **founder Rozanne S.** and one other compulsive eater present.

Rozanne had discerned from attending a Gamblers Anonymous meeting that the **Twelve Step meeting format** might offer relief from addictive food behavior.

With permission from **Alcoholics Anonymous**, OA adapted AA's Twelve Steps and Twelve Traditions to apply to obsession with food

Today there are **OA groups in over 75 countries**. We meet **in person, via the telephone, the internet or a combination of those media**.

Our members currently number over **65,000**.



"I PUT MY HAND IN YOURS AND TOGETHER WE CAN DO WHAT WE COULD NEVER DO ALONE."

**For More Information: Go to [oa.org](http://oa.org)**