

# Are You a Compulsive Eater OA can help...



*We admitted we were powerless  
over food—that our lives  
had become unmanageable.*

"Step One," The Twelve Steps  
and Twelve Traditions of  
Overeaters Anonymous

## Had Enough?

Visit [oaquiz.org](http://oaquiz.org) to take our quiz and find out how  
the Fellowship of Overeaters Anonymous can help.

Location

Oregon

<https://www.genclassifieds.com/x-568790-z>

Is food a problem for you? Overeaters Anonymous can help.

No dues, no fees, no weigh-ins. We are a 12-step fellowship, open to all for whom food is a problem. OA is for overeaters, bulimics, and anorexics.

For more information, call or text:

Or email:

Newcomers are welcome at all meetings. To find a meeting, visit [www.oa.org](http://www.oa.org)



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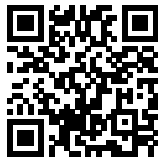
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