

100 Pounders OA Telephone Meeting

**IS NOW (almost) 7 Days a week!
Starting January 2, 2010**

9:00 PM EST (6PM PST)

**Phone number: 1-712-432-3900
Bridge Number: 4285115#**

If you have lost or need to lose 100 or more pounds, then this Overeaters Anonymous meeting is for you. Like all OA meetings, it is open to anyone who wants to stop eating compulsively. Join us every night (Saturday through Thursday) for an OA meeting that focuses on the special needs of those of us who have lost or need to lose 100 or more pounds. And then join us on Friday night for the regular Friday night 9PM EST telephone step meeting.

This is a regular long-distance call, and your regulator long-distance charges (if any) or regular cell phone charges will apply.

Monday 9PM EST /6PM Pacific:	Hundred Pounders
Tuesday 9PM EST /6PM Pacific:	Hundred Pounders
Wednesday 9PM EST /6PM Pacific:	Hundred Pounders
Thursday 9PM EST /6PM Pacific:	Hundred Pounders
Friday 9PM EST /6PM Pacific:	Step Meeting
Saturday 9PM EST /6PM Pacific:	Hundred Pounders
Sunday 9PM EST /6PM Pacific:	Hundred Pounders