

Is Food a Problem for You?

- Is your eating out of control?
- Do you binge, starve, purge, or exercise excessively?
- Are you constantly preoccupied with food?
- Do you eat when you are not hungry?

There is a Solution!

Overeaters Anonymous is a fellowship of men and women who meet to share their experience, strength, and hope with one another in order that they may solve their common problem and help those who still suffer to recover.

- There are no dues or fees.
- There are no diets, weigh-ins, or products to buy.
- OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine.
- The **ONLY** requirement for membership is the desire to stop eating compulsively.

OA Welcomes You!

For a list of meeting locations, times, and more information:

OA Northern VA Hotline: 703-823-6682

www.oanova.org

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