

“I thought this diet would be different, but I failed again.”



OVEREATERS ANONYMOUS
Lifetime Support With No Fees or Diets
oa.org
For Local Meeting Information:

PRIZES: Meetings whose members post the most entries will win newcomer packets: 1st place 15 packets, 2nd place 10 packets, 3rd place 5 packets. Winners will be announced at the Dec 8th 2013 IG meeting. :)

Where can I get more flyers? Email us at PosterPlaster2013@yahoo.com and we'll send you a PDF version, or you can download it directly from the Intergroup website: www.oa-dcmetro.org, or you can call us at 301-460-2800. If you print copies and would like to be reimbursed, call or email us, and we'll tell you where to send your receipt.

The 3rd annual OA DC Metro IG OUTREACH Poster Plaster has begun!!

Help raise awareness about OA!

Poster Plaster Dates: Begins: Oct 13th and Ends: 11:59pm Dec 7, 2013

HOW DOES IT WORK?

- You post a flyer...
 - On bulletin boards at grocery stores, coffee shops, gyms, pools, libraries, school campuses, office buildings, rec centers, on telephone poles, places of worship, medical centers, at bus or train stations, community message boards, etc.
- Snap a photo of the flyer and email the photo to us or simply send an email to: PosterPlaster2013@yahoo.com
- Or you can leave us a message at 301-460-2800 with the details
- Include your name, the location of the flyer, and which meeting it represents. Note: If you go to more than 1 meeting, pick a meeting that your flyer will represent. Only 1 meeting per each flyer submission will be counted.
- DC Outreach will email or call you back a confirmation. Ensure you get a confirmation. No confirmation means no submission. : (

Funding for this Outreach activity provided by Region 7 of Overeaters Anonymous and the Washington DC Area OA Intergroup

This is a program of attraction, not promotion. Let's attract more members!

Service Saves Us!

Tradition 5: “Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers.”