

IS FOOD A PROBLEM FOR YOU?

- Is your eating out of control? Can't stop once you start?
- Do you eat when you're not hungry?
- Do you think about food all the time? Or obsess about your weight?
- Do you binge eat? Then feel guilty and purge or compulsively exercise?
- Are you fearful of food, always trying to restrict and control calories?

WE UNDERSTAND

We have been there too. The good news is, there is a proven, workable method by which we can arrest our food compulsion.

Overeaters Anonymous is a 12-step fellowship of men and women recovering from all varieties of eating disorders. There are no dues or fees for membership. There are no diets, no weigh-ins, no products to buy. The only requirement for membership is a desire to stop eating compulsively.

Contact Overeaters Anonymous – Washington, DC Area Intergroup

Telephone: 301-460-2800
On the web: www.oa-dcmetro.org

301-460-2800
www.oa-dcmetro.org

301-460-2800
www.oa-dcmetro.org

301-460-2800
www.oa-dcmetro.org

301-460-2800
www.oa-dcmetro.org

301-460-2800
www.oa-dcmetro.org

301-460-2800
www.oa-dcmetro.org

301-460-2800
www.oa-dcmetro.org

301-460-2800
www.oa-dcmetro.org

IS FOOD A PROBLEM FOR YOU?

- Is your eating out of control? Can't stop once you start?
- Do you eat when you're not hungry?
- Do you think about food all the time? Or obsess about your weight?
- Do you binge eat? Then feel guilty and purge or compulsively exercise?
- Are you fearful of food, always trying to restrict and control calories?

WE UNDERSTAND

We have been there too. The good news is, there is a proven, workable method by which we can arrest our food compulsion.

Overeaters Anonymous is a 12-step fellowship of men and women recovering from all varieties of eating disorders. There are no dues or fees for membership. There are no diets, no weigh-ins, no products to buy. The only requirement for membership is a desire to stop eating compulsively.

Contact Overeaters Anonymous – Washington, DC Area Intergroup

Telephone: 301-460-2800
On the web: www.oa-dcmetro.org

301-460-2800
www.oa-dcmetro.org

301-460-2800
www.oa-dcmetro.org

301-460-2800
www.oa-dcmetro.org

301-460-2800
www.oa-dcmetro.org

301-460-2800
www.oa-dcmetro.org

301-460-2800
www.oa-dcmetro.org

301-460-2800
www.oa-dcmetro.org

301-460-2800
www.oa-dcmetro.org