





**How do I get out of this cycle?**  
That is just it. YOU can't do it alone!

Start living the life you deserve with help from Overeaters Anonymous

**What does OA offer?**

**Acceptance:** Unconditional acceptance and support through OA meetings.

**Understanding:** By sharing with others who have the same compulsion, you will gain new insights into your problem.

**Three-fold solution:** Physical, Emotional and Spiritual. Recovery on all three levels.

**Recovery:** For each OA member it is highly personal. There are no rules, just suggestions. Those of us who choose to recover one day at a time practice the Twelve Steps. As a result of practicing the Steps, the symptoms of compulsive eating and compulsive food behaviours are removed on a daily basis. In so doing we achieve lasting freedom from our food obsession and a new way of life.

**What should I do next?**

- ☑ Take the quiz to see if you are a compulsive overeater – [oa.org/newcomers/is-oa-for-you/](http://oa.org/newcomers/is-oa-for-you/)
- ☑ Watch the Newcomers Welcome Video – [oaregion9.org](http://oaregion9.org)
- ☑ Go to a meeting near you – [oa.org/membersgroups/find-a-meeting](http://oa.org/membersgroups/find-a-meeting)
- ☑ Read Newcomers information on the website - [oa.org/newcomers](http://oa.org/newcomers)
- ☑ Prioritize your recovery

**Overeaters Anonymous - your steps to recovery!**