

Today's Date

School Board Name

Address

City, State Zip

Dear EAP Manager / Wellness Manager / Benefits Manager,

"I don't know what to do with my eating disorder. It's affecting my health and my life. I've tried everything."

Have you or any of your colleagues experienced an employee and/or client asking for help with their problem with food? Perhaps an issue with overeating, under-eating and/or poor body image? These are common disorders that plague millions of people. It can cause indescribable suffering and can prevent folks from reaching their full potential. Sadly, it may also negatively impact a person's work performance and attendance.

In our personal experience, Overeaters Anonymous (OA) is a lifesaving and confidential source of help and has been since 1960. It is a 12-Step program patterned after Alcoholics Anonymous (AA) with virtual, in-person, and phone meetings worldwide, 7 days a week and in many languages. OA has no dues or fees. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine, and takes no position on outside issues.

Our members are reaching out to you today, in an effort to share the message of hope to anyone struggling with food and body image, and let them know there is help, support, and healing freely available to them. We offer experience, strength, and hope.

To learn more about Overeaters Anonymous, please visit our website at [IG's website address] and oa.org or contact us at the email and number below.

Sincerely,

Public Information and Professional Outreach (PIPO) Committee

Email Address

Tel: