

Thank you for your interest in Overeaters Anonymous (OA), a Twelve Step program of recovery for compulsive eaters. OA is a not-for-profit, self-help fellowship patterned after Alcoholics Anonymous. It offers physical, emotional and spiritual recovery from the disease of compulsive eating.

The OA program is open to any person with an eating disorder or a weight problem. The only requirement for membership is a desire to stop eating compulsively. There are no membership dues or fees, and no weigh-ins. OA is not affiliated with any other organization or institution and does not compete with any weight-loss program or group. OA members are not experts on obesity, eating disorders or nutrition.

You can find more information in the enclosed pamphlets. We also invite you to visit our Website at www.oa.org, where you can find the location of OA meetings in your area.

A local OA service office may have an active Professional Outreach Committee working with the professional community. To find the OA service office nearest you, please contact the OA World Service Office. Thank you again for your interest.

Sincerely,

Professional Outreach Committee