



OVEREATERS ANONYMOUS®

A 12-Step Program focusing on all eating disorders

FRIDAYS

11:30 AM – 12:30 PM

OA members experience many different patterns of food behaviors. These “symptoms” are as varied as our membership. Among them are:

- obsession with body weight, size, and shape
- eating binges or grazing
- inability to stop eating certain foods after taking the first bite
- fantasies about food
- vulnerability to quick-weight-loss schemes
- constant preoccupation with food
- using food as a reward or comfort
- preoccupation with reducing diets
- starving
- laxative or diuretic abuse
- excessive exercise
- inducing vomiting after eating
- chewing and spitting out food
- use of diet pills, shots and other medical interventions to control weight

www.oa.org

Contact:

Mary U. @ 704-964-7429 (mary.usery @ yahoo.com)

or

Katlyn @ 734-645-2647 (katlyninrecovey@ yahoo.com)

**Is food a problem
for you?**

**Do you eat when
you're not hungry?**

**Do you obsess
over food or
eating?**

**Is your weight
affecting your life?**

**If coming on your
lunch break, bring
your “bag lunch”
to the meeting!**

**Meets At The
Women's Resource
Center**

125 3rd Street NE
Hickory, NC 28601