

Piedmont Intergroup, your local OA service body.

HELPING COMPULSIVE EATERS FIND
RECOVERY THROUGH THE TWELVE STEPS
IN THE PIEDMONT AREA.



Who are we? What do we do?

The Piedmont Intergroup (IG) is made up of a Board and individual meeting representatives known affectionately as Intergroup Reps. There are other functional roles and committees that are part of the IG as well. Collectively we also serve as a liaison to our larger regional service body (Region 8) and Overeaters Anonymous World Service.

Our intergroup hosts piedmontintergroup.org to make meeting information and resources available to anyone who wants to stop eating compulsively.

We also host many events throughout the year such as Unity Day, Sponsorship Day, and International Day Experiencing Abstinence (IDEA) Day, produce a bi-annual publication, and put on an annual retreat!

Why Serve?

“Providing service opens up a world beyond you, while also giving you a way to carry our message to others.

The best part? There’s a magical thing that happens when you serve others; you end up giving yourself a gift too.”

- OA.ORG/WHY-SERVICE



IG Reps

Making sure each meeting has representation helps us honor the OA Traditions while ensuring autonomy.

The main responsibilities are (1) attending a monthly 1-hour virtual meeting on the first Saturday @ 8:30am and (2) reporting back to one’s meeting! IG Reps vote on IG business and share about their meetings.



Contact & More Info

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