

# Is food a problem for you?

Do you eat when you aren't hungry?

Do you binge, purge, or restrict?

Is your weight affecting your life?

## We're recovering, and you can too!

Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive eating. We welcome everyone who wants to stop eating compulsively.

## Please join any or all of our summer series for Newcomers!

**Saturday, June 27, 2020 1-2 p.m. EST: Our Stories**

**Monday, July 6, 7-8 p.m. EST: Abstinence and Food Plans**

**Sunday, July 12, 2:30-3:30 p.m. EST: Working the OA Program**

To join from a computer or smrtphone:

Go to <https://zoom.us/>

Click "Join a Meeting" in the upper right corner

Enter meeting number 812-1415-4435

Enter password 12345

OR, Dial 1 646 558 8656 and use the same meeting # and pw

[www.centralvaoa.org](http://www.centralvaoa.org)