Having a Problem with Food??

- Do you routinely overeat and can't seem to stop?
- Does your weight yo-yo up and down?
- Do you binge uncontrollably?
- Do you count calories, restrict food intake, or use exercise to try to control your weight?
- Do you think about food incessantly throughout the day?
- Do you resent when other people eat in ways that you can't?

Compulsive eating is a vicious cycle that affects the sufferer emotionally, physically and spiritually. You are not alone. Since 1960, OA has been helping thousands of compulsive eaters find fellowship & recovery.

Overeaters Anonymous can help

OA is a 12- step program of recovery.

No dues or fees. No weigh-ins.

Just caring people meeting in support of one another.

OA meetings are held at these locations and times:

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For more info about OA, go to our website at *www.oabaltimore.org* or call (410) 764 - 3136

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