OVEREATERS ANONYMOUS® VIRTUAL REGION

Newcomer Open House

Saturday, September 21st, 8:00am ET-9:00pm ET (UTC-4)

Sunday, September 22nd, 11:00am -5:00pm ET

Meeting Topics Include:

Newcomer Orientation.

Anorexia, Bulimia, and 100-pounder weight loss.

Where do I start? What are the 12 Steps?

Young People in OA. Men in OA. LGBTQ in OA

Meetings for BIPOC: Black, Indigenous, and People Of Color.

Meetings in English, Greek, Spanish, and French.

How do I develop a Plan of Eating?

What does a Sponsor do and how do I find one?

What is a Higher Power & what if I don't believe?

Meeting ID: 880 5127 6988 Passcode: 101112

Find your local number:

https://us02web.zoom.us/u/kdIGkvHrbX

help@oavirtualregion.org