



## Is food a problem for you?

- Do you eat when you're not hungry, or not eat when your body needs nourishment?
- Do you go on eating binges for no apparent reason?
- Is your eating affecting your health or the way you live your life?

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive eating and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

### MARIN COUNTY

Overeaters Anonymous

(415) 927-2245

<http://www.oamarin.org/>



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