

# IS FOOD A PROBLEM FOR YOU?

- *Is your eating out of control?*
- *Do you binge or eat when you're not hungry?*
- *Are you always trying to restrict & control calories?*
- *Do you purge or starve?*
- *Do you think about food all of the time?*
- *Do you obsess about your weight?*

## THERE IS A SOLUTION.

*Overeaters Anonymous* is a 12-step fellowship of men and women recovering from all varieties of eating disorders. There are no dues, fees, or weigh-ins. The only requirement for membership is a desire to stop eating compulsively.

*-We Can Help-*

## **OVEREATERS ANONYMOUS**

**For more information, including a list of local day and evening Meetings:**

OVEREATERS ANONYMOUS  
Phone: 609-239-0022  
[www.southjerseyoa.org](http://www.southjerseyoa.org)

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