

WHY DO I DO THIS?

WHY CAN'T I STOP?

WHO WILL HELP ME?

OVEREATERS ANONYMOUS FOOTHILL

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OVEREATERS ANONYMOUS FOOTHILL INTERGROUP

YOUNG PERSONS MEETINGS

SCHEDULE OF MEETINGS:

MONDAY AT 7PM PST (10PM EST)-SPEAKER MEETING

ZOOM MEETING (OA MEETING #89498)

MEETING ID: 891 3067 0117 PASSCODE: 942436

TUESDAY AT 6PM PST (9PM EST)-BIG BOOK STUDY

PHONE MEETING-SEE BELOW FOR CALL-IN INFO

WEDNESDAY AT 5PM PST (8PM EST)-MEDITATION

PHONE MEETING-SEE BELOW FOR CALL-IN INFO

THURSDAY AT 4PM PST (7PM EST)-FOR TODAY

PHONE MEETING-SEE BELOW FOR CALL-IN INFO

FRIDAY AT 8PM PST (11PM EST)-KICK ASK FRIDAY

PHONE MEETING-SEE BELOW FOR CALL-IN INFO

SATURDAY AT 11AM PST (2PM EST)-VOICES OF RECOVERY

PHONE MEETING-SEE BELOW FOR CALL-IN INFO

Are your thoughts and actions around food and eating something that make you think you are different from other people?

Take a minute and ask yourself these questions

1. Do you eat in response to any kind of feelings? Either good or bad?
2. Does your behaviour around food make you unhappy?
3. Does your need to interact with food isolate you from your social life?
4. Do you eat normally in front of other people but binge when you are alone?
5. After a binge, do you go to extremes to get rid of the food?
6. Do you find yourself ignoring school, friends and family because all you can think about is food and your weight?
7. Do you dread and resent other people commenting on your body and your food?

Foothill Intergroup #09003

PHONE MEETING INFORMATION

GO TO FREECONFERENCECALL.COM

DIAL IN NUMBER: (605)313-5111*

ACCESS CODE: 713988

ONLINE MEETING ID: ypoafoothill

**If your carrier tries to charge you for calling these meetings, call (209)399-9063. Use the same ACCESS CODE. You should not be charged*