



You are not alone anymore!

No matter what your problem with food — compulsive overeating, undereating, food addiction, anorexia, bulimia, binge eating, or overexercising — we have a solution.

THE OA CANBERRA SUNDAY GROUP WELCOMES YOU TO A SIX-WEEK SERIES OF BEGINNERS MEETINGS!

When? Every Sunday, 10:00-11:30AM—starting 23 July 2017 (this is a weekly meeting, all year round)

Who? ALL ARE WELCOME! No dues or fees, no sign-up, we're completely anonymous!

Where? The Junction Youth Health Service, Level 1, 30 Scotts Crossing, Canberra ACT 2602

What? These newcomer series are specifically designed to give you an insight into HOW & WHY OA works:

- | | |
|-----------|-------------------------------------------------------------|
| 23 July | Disease of compulsive overeating |
| 30 July | How to abstain from compulsive overeating one day at a time |
| 6 August | How it works: the 12 Steps |
| 13 August | The 12 Traditions |
| 20 August | The Tools |
| 27 August | More About OA |

Questions? Contact March on 0421957886

More info on OA: www.oa.org or the regional website: www.OAsydney.org