

# Overeaters Anonymous

## Newcomer Meeting

There is a solution.

- o Abstinence - One Day at a Time
- o Disease Concept of Food Addiction
- o How It Works – The 12 Steps of Recovery

This is an open meeting geared toward newcomers to OA,  
returning members, and current members of OA.

*For additional information about the meeting please call:*  
**Chris 651-587-9635 or Sasha 763-443-0393**

Everyone welcome!

**Date:** 3<sup>rd</sup> Saturday of each month

**Time:** 1:00pm - 2:00pm

**Location:** Sumner Library, lower level  
611 Van White Memorial Blvd

Minneapolis MN 55411

No need to register, you can just show up!  
We look forward to meeting you.