

## **What is Overeaters Anonymous? An Introduction to Overeaters Anonymous (OA) for Family and Friends**

### **An Open Meeting for Family, Friends & Newcomers**

**If you or someone you love struggles with food compulsion, binge eating, or food behaviors, there is hope and support available. Come learn how the OA recovery program works in a welcoming, non-judgmental environment.**

**Monday, July 27, 2026**

- **6:30 PM – 7:00 PM: Socializing & Welcome**
- **7:00 PM – 8:00 PM: Introduction Meeting (Open to all)**
- **8:00 PM – 8:30 PM: Fellowship & Connection**

**First Congregational Church  
1923 3rd Ave, Anoka**

**What is an "Open" Meeting? This meeting is open to anyone interested in Overeaters Anonymous, including compulsive eaters, their concerned family members, friends, and healthcare professionals who want to learn more about the 12-step recovery process.**

**Free to attend (No registration required)**

**What to expect: A shortened format of our usual meeting, personal stories of recovery from local members, time for questions, and information on regular local meetings.**

**Everyone is Welcome.  
Hope is Found Here.**

**<https://overeaters.org/>**