

Revised 2/2023

## **OA Newcomer Orientation**

**Now offered the FIRST Wednesday of every month  
7 pm on Zoom**

**Please e-mail  
[newcomerorientation@gmail.com](mailto:newcomerorientation@gmail.com)  
to RSVP**

**Newcomer MEETING ID: 813 6272 5140  
Passcode 130527**

**Free 20 min presentation with Q&A to follow**

**Find out what OA is all about!**

**Get answers to these questions:**

- ✓ How do I know if I'm a compulsive overeater?
- ✓ Do you have to be overweight to be in OA?
- ✓ What are compulsive food behaviors?
- ✓ What is compulsion? Obsession?
- ✓ How does OA work?

**Open to anyone**

**Great for new members, returning members, current members, and more!**