**Revised 2/2022**

**OA Newcomer Orientation**

**Now offered the FIRST Wednesday of every month**

**7 pm on Zoom**

**Zoom ID: 836 9255 4907 PW: 287942**

**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!**