**What’s OA all about?**

**Attend our free OA Newcomers’ Orientation on Zoom!**

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

**Available by request**

**2nd and 4th Wednesdays at 7 pm**

**To sign up or for more information, contact:**

**Leslie J. at** **lezpadez@optonline.net**

**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!**