

Is Food A Problem For You



Is food a problem for you?

- ◆ Do you eat when you're not hungry?
- ◆ Do you binge, purge or restrict?
- ◆ Is your weight affecting your life?

JOIN US FOR THE SOLUTION
on Thursdays at 6:45pm - 7:45pm

Where: CRI Building, Hughill House,
Swanfield Road,
Waltham Cross, EN8 7JR
(White building near roundabout. Park on road or attached garage.)

No Fees . No Dues . No Weigh-ins . No Diets

Call 07477 220 664 for this meeting info.
Or call 08702 259728
For other meetings in
LONDON & THE SOUTH & EAST OF ENGLAND
www.oasouthandeastengland.org.uk

Location

East of England, Hertfordshire

<https://www.freeadsz.co.uk/x-325946-z>



Are you obsessed with food, eating, or your weight? Are these thoughts affecting how you live your life? Whatever your problem with food, you are welcome in Overeaters Anonymous (OA).

OA offers a programme of recovery from compulsive eating, binge eating, anorexia, over-exercising, bulimia and other eating disorders using the 12 Steps of OA. We have local and worldwide meetings. We support each other as we recover physically, emotionally and spiritually by sharing our experience, strength and hope with each other and working a simple 12 step programme. All members respect one another's anonymity.

No fees. No dues. No diets. No weigh-ins. OA does not charge any fees, we are self-supporting through members' contributions. Overeaters Anonymous Thursdays 6:45pm - 7:45pm Local Group: CRI Building, Hughill House, Swanfield Road, Waltham Cross EN8 7JR (white building near roundabout. park in attached garage or on street). Contact: click to contact Website: www.oasouthandeastengland.org



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