

WHY DO I DO THIS?

WHY CAN'T I STOP?

WHO WILL HELP ME?

OVEREATERS ANONYMOUS Foothill

WWW.OAFOOTHILL.ORG

YOUNG PERSONS PHONE MEETING

Meeting #55573 Foothill Intergroup #09003
GO TO FREECONFERENCECALL.COM
DIAL IN NUMBER: (605)313-5111
ACCESS CODE: 713988
ONLINE MEETING ID: ypoafoothill

Are your thoughts and actions around food and eating something that make you think you are different from other people?

Take a minute and ask yourself these questions

1. Do you eat in response to any kind of feelings? Either good or bad?
2. Does your behaviour around food make you unhappy?
3. Does your need to interact with food isolate you from your social life?
4. Do you eat normally in front of other people but binge when you are alone?
5. After a binge, do you go to extremes to get rid of the food?
6. Do you find yourself ignoring school, friends and family because all you can think about is food and your weight?
7. Do you dread and resent other people commenting on your body and your food?

MEETINGS ON:

MONDAY AT 7PM PST (10PM EST)-SPEAKER MEETING

TUESDAY AT 6PM PST (9PM EST)-BIG BOOK STUDY

WEDNESDAY AT 5PM PST (8PM EST)-MEDITATION

THURSDAY AT 4PM PST (7PM EST)-FOR TODAY

FRIDAY AT 8PM PST (11PM EST)-OA ONLINE LITERATURE

SATURDAY AT 11AM PST (2PM EST)-VOICES OF RECOVERY