

Are you consumed by thoughts of food, weight, or body image to the point that it negatively impacts your life?

~ Brattleboro OA ~

Overeaters Anonymous (OA) uses the twelve-step model to address **any** of the many issues related to disordered eating: over- or under- eating, restricting, bingeing, over-exercising, purging, or any other dysfunctional relationship to food and/or body image. OA has helped many tens of thousands of people rediscover the joy of living free from food and body image obsession.

After a long hiatus due to the pandemic, OA members in Brattleboro are trying out a new in-person meeting for three months. All are welcome.

SCHEDULE:

Second and Fourth Sundays, 12:30-1:30 pm

August through October

8/11, 8/25, 9/8, 9/22, 10/13,* 10/27

*10/13 will have a business meeting 1:30-2:00 pm to figure out next steps for continuing the meeting

LOCATION:

St Michael's Episcopal Church in Brattleboro (no affiliation)

The church is on Putney Road, but technically the address is 16 Bradley Ave, Brattleboro.

Use the back parking lot door to enter and follow signs.

OA is totally free, there is no commitment, and it's totally anonymous. For more information about OA, visit OA.org, oawmass.org, oanewhampshire.org, or GMNI.org



*interested in attending this meeting?
Take a picture of this poster to save the information!*

