

**IS FOOD A PROBLEM FOR YOU  
OR SOMEONE YOU KNOW?**

- ✓ Do you eat when you are not hungry?
- ✓ Do you binge, purge or restrict?
- ✓ Is your weight affecting your life?

**There is a Solution!**

- NO Dues • NO Fees • NO Weigh-Ins • NO Diets

**OVEREATERS ANONYMOUS**

www.oasfvalley.org @oasfvalley Office: 818-888-4776

501 (C)(3) id# 95-3566978

**YOU ARE NOT ALONE**

- ✓ Learn what OA offers
- ✓ Meet people who understand
- ✓ Hear from others just like you
- ✓ Find encouragement and support

**Come to an OA Meeting Today!**  
The San Fernando Valley offers 50+ meetings every week  
www.oasfvalley.org/meetings

**ALL ARE WELCOME**  
**Please Join Us!**

OA San Fernando Valley Intergroup Office  
20121 Ventura Blvd #315, Woodland Hills, CA 91364  
Just West of Winnetka

501 (C)(3) id# 95-3566978

## **PUBLIC INFORMATION ANNOUNCEMENT FOR MEETINGS**

PLEASE HELP SPREAD THE WORD

We have a new Overeaters Anonymous Campaign and everyone can help!

Please bring postcards to meetings and leave them with the literature person. Ask members to take them.

Please encourage all OA members to keep some in their car to pass out when the opportunity presents itself.

These are suggestions on where the postcards can be distributed and always ask permission first:

Gyms	Bulletin Boards	Rack Card Holders
Libraries	<b>School Campuses!!</b>	Therapist Office Waiting Rooms
Starbucks	Pharmacies	Other 12 Step Meeting Rooms
Grocery Stores	Physical Therapists	Doctor and Dentist Offices

Please call the Public Information Chairs Susan or Elisa with questions. Their numbers are on the 5<sup>th</sup> tradition!

Everyone that helps is part of the Public Information Committee! Together we do what we cannot do alone!

Thank you!