

IT WAS NEVER ABOUT **WILLPOWER**

There is a solution. People who had tried everything else are living it.

If you eat when you are not hungry. If you eat in secret. If you have started over more times than you can count — there are people all over this Valley who know exactly what that is like.

Overeaters Anonymous is where they found it, and we have nothing to sell you.

NO DUES OR FEES

NO WEIGH-INS

NO DIET TO FOLLOW

NOBODY IS TURNED AWAY

ANONYMITY, ALWAYS

MEETINGS AROUND THE VALLEY Woodland Hills · Van Nuys · North Hollywood · Encino · Northridge · Reseda · online

FIND A MEETING

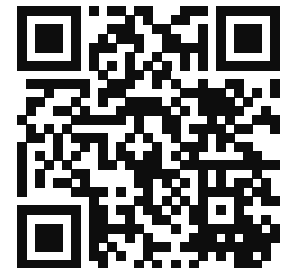
SEE EVERY MEETING IN THE VALLEY

oasfvalley.org/meetings

OR JUST CALL AND ASK

818-888-4776

In person, online, and hybrid. Newcomers are welcome at every one.



SCAN FOR THE FULL LIST

You do not have to speak at your first meeting. Come in, sit down, listen.

A fellowship of peers, not medical or professional treatment. Self-supporting through our own contributions; we decline outside funding.

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