

BELMONT  
**SENIOR SHOWCASE**  
 INFORMATION FAIR  
 FRIDAY, APRIL 26 • 9AM-1PM

**Overeaters Anonymous Had a Table at the Senior Showcase Belmont 2019**

Several OA members represented our MidPeninsula Intergroup at the Senior Showcase Information Fair, located in the Twin Pines Community Center in Belmont. Shari, one of our IG members was at the OA table all of the time, and tried to greet every visitor. We gave away bottles of water with OA information cards attached. Numerous people we have greeted at the at the health fair have shown up at meetings.



**FOOD A PROBLEM FOR YOU?**

Is your eating out of control?  
 Do you binge or eat when you're not hungry?  
 Do you purge or starve?  
 Do you obsess about your weight?

**WE CAN HELP YOU FIND FREEDOM FROM FOOD OBSESSION.**

Overeaters Anonymous is a 12-step fellowship of men and women recovering from all varieties of eating disorders. We welcome everyone who wants to keep eating comfortably.


**OVEREATERS ANONYMOUS**  
 12-Step Fellowship  
[oanet.org](http://oanet.org)

California, Mexico, Hawaii, N. Nevada  


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**OVEREATERS ANONYMOUS**  
 Mid-Missouri InterGroup

What is this thing called? No matter what your problem with food, Overeaters Anonymous, which helps food addicts, overeaters, purgers, binge eaters, and compulsive eaters, is here to help.

www.oanet.org 1-877-339-2299 (877) 582-2299