

*We admitted we were powerless
over food—that our lives
had become unmanageable.*

*“Step One,” *The Twelve Steps
and Twelve Traditions of
Overeaters Anonymous**



Had Enough?

**Visit oaquiz.org to take our quiz and find out how
the Fellowship of Overeaters Anonymous can help.**

For Local Meeting Information:



Orange County Intergroup of OA
(714) 953-0900 <http://www.oaoci.org>

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