

Overeaters Anonymous Service Body Directory

February 06, 2012

ALABAMA

IG#: 09119 IG Name: Central Alabama IG Reg.#: 08

PO Box 36594
Birmingham AL 35244
Midstate Alabama, Greater Birmingham

Phone#: 205-823-7226 HOTLINE
<http://www.oacaig.org/>

IG#: 09198 IG Name: Southwest Alabama IG Reg.#: 08

C/O 1062 Wesley Ave
Mobile AL 36609
Mobile, Atmore And Daphne
Phone#: 251-431-5111

IG#: 09283 IG Name: Tennessee Valley IG Reg.#: 08

C/O Nawrocik 563 Cty Rd 676
Cullman AL 35055
Southeast Tennessee And North Alabama
Phone#: 931-433-4215 256-534-0055

ALASKA

IG#: 09001 IG Name: Anchorage Area IG Reg.#: 01

PO Box 200-341
Anchorage AK 99520
South Central Alaska

Phone#: 907-279-1942
<http://www.oaregion1.org/>

IG#: 09366 IG Name: Juneau IG Reg.#: 01

C/O West PO Box 240601
Douglas AK 99824
Juneau And Douglas Areas
Phone#: 907-463-1224

ARIZONA

IG#: 09078 IG Name: Southeastern Arizona IG Reg.#: 03

PO Box 43221
Tucson AZ 85733-3221
Southeastern Arizona
Phone#: 520-733-0880 520-749-6789
<http://www.oasouthernaz.org/>

IG#: 09601 IG Name: AZ Serenity In The Desert Reg.#: 03

PO Box 47565
Phoenix AZ 85068-7565
Central Arizona
Phone#: 602-234-1195
<http://www.oaphoenix.org/>

ARKANSAS

IG#: 09138 IG Name: Central Arkansas IG Reg.#: 08

PO Box 7371
Little Rock AR 72217
Central Arkansas
Phone#: 501-835-3054
<http://caig.oagroups.org/>

IG#: 09577 IG Name: River Valley IG Reg.#: 08

C/O Blevins 1526 North 49th
Fort Smith AR 72904
East Central Oklahoma And West Central Arkansas
Phone#: 479-474-1714
<http://www.oa-fort-smith.info>

CALIFORNIA

IG#: 09003 IG Name: Foothill IG Reg.#: 02

PO Box 1108
Pasadena CA 91102
Northeast Los Angeles County
Phone#: 626-568-7511
<http://oafoothill.org/>

IG#: 09004 IG Name: Los Angeles IG Reg.#: 02

6404 Wilshire Blvd # 710
Los Angeles CA 90048
General LA Area, Including Venice, Culver City, Santa Monica, And West La
Phone#: 323-653-7652 323-653-7499
<http://www.oalaig.org/>

IG#: 09005 IG Name: Orange County IG Reg.#: 02

C/O 1905 E 17th St Suite 322
Santa Ana CA 92705
Orange County
Phone#: 714-953-5159
<http://www.oaoci.org/>

IG#: 09007 IG Name: San Diego County IG Reg.#: 02

6304 Riverdale St Po Box 81569
San Diego CA 92138-1569
San Diego And Imperial Counties,
Phone#: 619-521-2538 619-469-1763
<http://www.oasandiego.org>

IG#: 09008 IG Name: San Fernando Valley IG Reg.#: 02

7133-B Darby Avenue
Reseda CA 91335
San Fernando Valley, Simi Valley, Santa Clarita Valley And Thousand Oaks
Phone#: 818-342-2222 818-881-4776
<http://www.oasfvalley.org>

IG#: 09009 IG Name: San Gabriel Valley Inland Empire Reg.#: 02

1157 East Arrow Highway #4
Glendora CA 91740
Covina, Glendora, Azusa, Diamond Bar, Pomona, Rancho Cucamonga,
Claremont
Phone#: 626-335-3355
<http://sgvie.oar2.org/>

IG#: 09010 IG Name: South Bay IG Reg.#: 02

PO Box 918
Harbor City CA 90710
Gardena, Torrance, Redondo Bch, Palos Verdes, Long Bch, Lakewood, Lomita,
San Pedro, Downey
Phone#: 562-493-9030 310-802-4066
<http://oasouthbay.org/>

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IG#: 09012 IG Name: Sacramento Valley IG Reg.#: 02
PO Box 25-5085
Sacramento CA 95865
Sacramento Valley And Sierra Foothills-
Phone#: 916-786-0330
<http://www.sacvalleyoa.org>

IG#: 09013 IG Name: San Joaquin Valley IG Reg.#: 02
PO Box 8302
Fresno CA 93747
Fresno And Surrounding Areas
Phone#: 559-323-5636 HOTLINE 559-325-1624
<http://www.sanjoaquinvalleyoa.org/>

IG#: 09020 IG Name: Silicon Valley IG Reg.#: 02
PO Box 5603
San Jose CA 95150
Chair@oasv.org, Santa Clara County
Phone#: 408-268-7243
<http://www.oasv.org/>

IG#: 09051 IG Name: SACO Southern Alameda County IG Reg.#: 02
PO Box 1684
Fremont CA 94538
Southern Alameda County- Fremont, Newark, Union City, Hayward, San Leandro
Phone#: 510-273-9037
<http://www.southernalamedacountyoa.org/>

IG#: 09068 IG Name: Channel Islands IG Reg.#: 02
PO Box 1321
Summerland CA 93067
Santa Barbara And Ventura Counties- IG Meeting 1st Tues/mo 7:30 Pm
Phone#: 805-899-3250
<http://oaciig.wordpress.com/>

IG#: 09071 IG Name: San Francisco IG Reg.#: 02
PO Box 2543
San Francisco CA 94126
San Francisco County
Phone#: 415-436-0651
<http://www.oasf.org>

IG#: 09083 IG Name: Marin County IG Reg.#: 02
PO Box 3965
San Rafael CA 94912
Phone#: 415-927-2245
<http://www.oamarin.org>

IG#: 09100 IG Name: Unity IG Reg.#: 02
PO Box 11561
Oakland CA 94611
Phone#: 510-923-9491
<http://www.oaunityig.org/>

IG#: 09222 IG Name: California Central Coast IG Reg.#: 02
PO Box 636
Morro Bay CA 93443
Central Paso Robles On North To Lompoc South
Phone#: 805-596-5033 805-489-1774
<http://centralcoast.oar2.org/>

IG#: 09245 IG Name: Sonoma County IG Reg.#: 02
PO Box 7092
Santa Rosa CA 95407
All Of Sonoma County, Visit The Web Site
Phone#: 707-538-9770
<http://sonoma.oar2.org/>

IG#: 09267 IG Name: Santa Cruz County IG Reg.#: 02
PO Box 698
Santa Cruz CA 95061
Santa Cruz County
Phone#: 831-429-7906
<http://santacruzooa.org/>

IG#: 09294 IG Name: Mid-Peninsula IG Reg.#: 02
PO Box 1412
San Mateo CA 94401
South Of San Francisco To Palo Alto (north Of San Jose)
Phone#: 650-375-0724
<http://www.oamidpeninsula.org/>

IG#: 09301 IG Name: Lake Mendocino IG Reg.#: 02
C/O De Bernardi 700 E Gobbi St Spc 123
Ukiah CA 95482-6232
Mendocino And Lake Counties
Phone#: 707-472-4747 707-462-6855
lakemendocino.oar2.org

IG#: 09326 IG Name: Kern County Overeaters Anonymous IG Reg.#: 02
PO Box 10734
Bakersfield CA 93389-0734
Kern County
Phone#: 661-872-7528 661-872-5806
<http://www.oakern.org>

IG#: 09331 IG Name: How-OA Northern California IG Reg.#: 02
PO Box 11070
Oakland CA 94611-0070
Greater Bay Area Including San Francisco, Marin, Contra Costa, San Mateo, Santa Clara And Solano Counties
Phone#: 925-943-3190 510-521-7651
<http://www.how-oa.org>

IG#: 09356 IG Name: Monterey County IG Reg.#: 02
PO Box 4006
Monterey CA 93942
Monterey County
Phone#: 831-646-2311
<http://monterey.oar2.org/>

IG#: 09400 IG Name: North Rivers IG Reg.#: 02
PO Box 8688
Chico CA 95927-8688
Northern California
Phone#: 530-345-3129 INFO
<http://www.norig.oar2.org/>

IG#: 09434 IG Name: Northcoast IG Reg.#: 02
C/O J Perlman 3443 Halfway Ave
McKinleyville CA 95519
Humboldt County And Outlying Areas
Phone#: 707-441-9705 707-443-1378
<http://northcoast.oar2.org/>

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IG#: 09492 IG Name: Inland Empire Intergroup Reg.#: 02
PO Box 56021
Riverside CA 92517-0921
Riverside And San Bernadino Counties
Phone#: 951-715-2080
<http://www.go2oa.org/>

IG#: 09494 IG Name: Unity With Diversity Desert IG Reg.#: 02
PO Box 3796
Palm Desert CA 92261

Phone#: 760-773-9173 MTG 760-369-0011
<http://www.desertoa.org/>

IG#: 09599 IG Name: Valley Sierra OA/How IG Reg.#: 02
PO Box 579196
Modesto CA 95357-9196
Modesto, Sonora
Phone#: 209-834-1511
<http://www.valleyhow.oar2.org/>

IG#: 09609 IG Name: Ebony OA Bay Area IG Reg.#: 02
C/O Griffin PO Box 342
Sausalito CA 94966-0342

Phone#:
<http://www.ebonyoa.org/>

COLORADO

IG#: 09014 IG Name: Central Colorado IG Reg.#: 03
PO Box 461331 945 S Birch
Glendale CO 80246
Central Colorado
Phone#: 303-333-3452 303-894-8095
<http://www.oadenver.org/>

IG#: 09116 IG Name: Pikes Peak Serenity IG Reg.#: 03
PO Box 25894
Colorado Springs CO 80936
Southern Colorado, Colorado Springs, Pueblo, Trinidad, Rocky Ford, Leadville,
La Veta, Grand Junction
Phone#: 719-475-0037 719-260-9011
<http://www.oapikespeakserenityintergroup.org/>

IG#: 09191 IG Name: Northern Colorado IG Reg.#: 03
C/O L Goodrich 1808 Sumner St
Longmont CO 80501
Colorado north of Denver to the Wyoming border and east of the foot hills.
Phone#: 970-282-5019
<http://ncoloig.oagroups.org/>

CONNECTICUT

IG#: 09054 IG Name: Connecticut IG Reg.#: 06
67 Bloomfield Ave
Windsor CT 06095
Connecticut Excluding Fairfield And New Haven Counties
Phone#: 860-218-8550
<http://www.connecticutoa.org>

IG#: 09278 IG Name: Southwestern Connecticut IG Reg.#: 06
PO Box 3004
Milford CT 06460-0804
Fairfield And New Haven Counties
Phone#: 203-454-6607 203-781-9470
<http://www.swctoa.org>

IG#: 09531 IG Name: South Eastern Connecticut IG Reg.#: 06
PO Box 252
West Mystic CT 06388
Southeastern Connecticut
Phone#: 800-824-8650
<http://sect.oagroups.org/>

DELAWARE

IG#: 09158 IG Name: Diamond State IG Reg.#: 07
PO Box 8031
Wilmington DE 19803
Delaware And Cecil, Worcester County Maryland
Phone#: 302-777-7678
<http://www.oadelaware.org>

FLORIDA

IG#: 09016 IG Name: Central Florida IG Reg.#: 08
PO Box 180293
Casselberry FL 32718-0293
Orlando Metro Area, Orange, Seminole And North Osceola Counties
Phone#: 888-294-4216 407-284-1482
<http://www.oacfi.org>

IG#: 09065 IG Name: Suncoast IG Reg.#: 08
PO Box 16130
Tampa FL 33687
Tampa Bay And Hillsborough Counties
Phone#: 813-254-4190 800-544-6353
<http://www.oasuncoast.org/>

IG#: 09089 IG Name: North Florida IG Reg.#: 08
C/O 331 Laurina St. #512
Jacksonville FL 32216
Southeast Georgia, North Florida
Phone#: 904-376-7303 800-654-9657
<http://www.oanfi.org/>

IG#: 09095 IG Name: Gold Coast IG Reg.#: 08
PO Box 5415
Lighthouse Point FL 33074
South Florida, Fort Lauderdale, Boca Raton, And Hollywood
Phone#: 954-938-9586
<http://www.gcoag.org>

IG#: 09104 IG Name: Space Coast IG Reg.#: 08
PO Box 33734
Indialantic FL 32903-0734
Brevard And Indian River Counties
Phone#: 800-338-5838
<http://www.oaspacecoast.org/>

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IG#: 09179 IG Name: Highland Ridge Reg.#: 08
4716 Calatrava Ave
Sebring FL 33872
Highlands, DeSoto, Hardee, and Polk Counties
Phone#: 863-471-2359 863-382-7731
<http://highlandsridgeintergroup.oagroups.org/>

IG#: 09231 IG Name: OA Of Southwest Florida IG Reg.#: 08
C/O P Marcoux 7941 Georgian Bay Cir #108
Fort Myers FL 33912
Lee And Collier Counties Area
Phone#: 239-936-3351
<http://www.swfloa.org/>

IG#: 09233 IG Name: Palm Beach County IG Reg.#: 08
PO Box 31512
Palm Beach Gardens FL 33420-1512
Palm Beach County
Phone#: 561-820-9242 800-273-1696
<http://www.oapalmbeachfl.org/>

IG#: 09240 IG Name: Manasota IG Reg.#: 08
C/O Wisner 2402 Hermitage Blvd.
Venice FL 34292
Sarasota And Manatee Counties
Phone#: 941-957-1488
<http://www.oamanasota.org>

IG#: 09300 IG Name: Yana (You Are Never Alone) IG Reg.#: 08
C/O 290 Fern Hollow Road
Tallahassee FL 32312
Southwest Georgia, Northwest Florida And Southeast Alabama
Phone#: 850-997-1955

IG#: 09364 IG Name: Freedom IG Reg.#: 08
C/O 9211 Chatham Ln
Port Richey FL 34668
Pasco And Hernando Counties
Phone#: 800-544-6353
<http://www.oafreedom.org/>

IG#: 09386 IG Name: Miami-Dade IG Reg.#: 08
PO Box 530248
Miami FL 33153
Miami, Dade And Part Of Monroe Counties
Phone#: 305-274-8800
<http://www.oamiami.org/index.html>

IG#: 09412 IG Name: Pinellas Tradition IG Reg.#: 08
PO Box 6202
Clearwater FL 33758
Pinellas County Including Saint Petersburg, Clearwater And Largo
Phone#: 800-544-6353
<http://www.oapinellas.org/>

IG#: 09493 IG Name: Sea-Renity Pensacola IG Reg.#: 08
4062 Glenway Dr
Pensacola FL 32526-8064
Extreme Northwest Florida Including Escambia And Santa Rosa Counties
Phone#: 850-341-6861

IG#: 09495 IG Name: Emerald Coast IG Reg.#: 08
4059 Oak Pointe
Gulf Breeze FL 32563-8510
Fort Walton Beach, Destin, Crestview, Niceville And Navarre Areas
Phone#: 850-916-0808 850-916-0808

GEORGIA

IG#: 09114 IG Name: Central Atlanta IG Reg.#: 08
1935 Cliff Valley Way #110
Atlanta GA 30329
Atlanta Metro Area
Phone#: 404-634-3314
<http://atlantaoa.org/>

IG#: 09220 IG Name: *CSRA OA IG Reg.#: 08
PO Box 2293 -Returned mail-
Evans GA 30809-2293
Central Savannah River Area
Phone#: 706-541-0580

HAWAII

IG#: 09111 IG Name: Aloha Hawaiian Service IG Reg.#: 02
PO Box 62232
Honolulu HI 96839
Island Of Oahu
Phone#: 808-737-3469
<http://aloha.oar2.org/>

IG#: 09585 IG Name: Maui Friends Of Recovery IG Reg.#: 02
C/O T Williamson 40 Huina Place
Kula HI 96790
Maui
Phone#: 808-280-1350
<http://www.oamaui.org/>

IDAHO

IG#: 09189 IG Name: Oasis IG Reg.#: 01
C/o Woolstenhulme 288 N 4200 E,
Rigby ID 83442
Oasis Area (southeastern Idaho)
Phone#: 208-356-9423

IG#: 09292 IG Name: Snake River IG Reg.#: 01
PO Box 8881
Boise ID 83707
Boise, Meridian, Nampa Anc Caldwell Areas
Phone#: 208-297-4825
<http://snakeriver.oagroups.org/>

ILLINOIS

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IG#: 09118 IG Name: Suburban North IG Reg.#: 05
PO Box 5934
Buffalo Grove IL 60089-5934
Chicago Northwest Suburbs, Lake, Cook, And McHenry Counties
Phone#: 708-346-0000
http://www.region5oa.org/illinois/suburban_north/index.html

IG#: 09143 IG Name: Heart Of Illinois IG Reg.#: 04
PO Box 5606
Peoria IL 61601
Central and Western Illinois
Phone#: 309-655-0616
<http://oaregion4.org/hoi/>

IG#: 09168 IG Name: Chicago West Farout IG Reg.#: 05
PO Box 4419
Lisle IL 60532-9419
Western Suburbs Of Chicago, Dekalb And Joliet
Phone#: 708-346-0000
http://www.region5oa.org/illinois/chicago_west_farout/

IG#: 09227 IG Name: Decatur Outreachers IG Reg.#: 04
C/O 950 Stevens Creek Circle
Forsyth IL 62535-9622
Decatur Area
Phone#: 217-875-1626 217-875-7701

IG#: 09246 IG Name: Quad Cities IG Reg.#: 04
4343 16th Street Box 177
Moline IL 61265
Mid West Illinois And Mid East Iowa
Phone#: 309-762-0306
<http://www.qcoa.org>

IG#: 09467 IG Name: Turning Point IG Reg.#: 05
PO Box 25262
Chicago IL 60625
N Side Of Chicago & Surrounding Areas,
Phone#: 708-346-0000 773-472-2823
http://region5oa.org/illinois/turning_point/index.html

IG#: 09482 IG Name: Central Illinois IG Reg.#: 05
917 W Daniel St
Champaign IL 61821-4519
Bloomington-Normal, Champaign-Urbana, Danville and surrounding communities.
Phone#: 888-216-8458
<http://www.region5oa.org/illinois/index.html>

IG#: 09539 IG Name: Chicago Suburban Southwest IG Reg.#: 05
PO Box 205
Oak Forest IL 60452-0205
Southwestern Chicago And Its Suburbs
Phone#: 708-346-0000
<http://www.region5oa.org/cssi/index.html>

INDIANA

IG#: 09096 IG Name: Central Indiana IG Reg.#: 05
PO Box 36
Indianapolis IN 46206-0036
Phone#: 317-870-9171
<http://www.region5oa.org/indianapolis/index.html>

IG#: 09145 IG Name: Three Rivers IG Reg.#: 05
PO Box 10823
Fort Wayne IN 46854-0823
Northeast Indiana
Phone#: 260-460-4958
<http://www.region5oa.org/threerivers/index.html>

IG#: 09291 IG Name: Northwest Indiana IG Reg.#: 05
PO Box 691
Chesterton IN 46304
Lake, Porter, Laporte And Jasper Counties
Phone#: 866-465-8376
<http://www.lakernetwi.net/member/oa/>

IG#: 09311 IG Name: Kiss IG Reg.#: 05
PO Box 2412
Bloomington IN 47402
South Central Indiana
Phone#: 812-335-3839
<http://www.oasouthcentralin.org/>

IOWA

IG#: 09021 IG Name: Promises Of Eastern Iowa IG Reg.#: 04
PO Box 213
Iowa City IA 52244
Linn, Johnson, Washington Counties, Southeast And East Central Iowa
Phone#: 319-351-6004 319-530-0352
<http://promises.oaregion4.org/>

IG#: 09183 IG Name: Central Iowa IG Reg.#: 04
PO Box 30068
Des Moines IA 50310
Central Iowa From Carroll, Ames And Newton To Southern Border
Phone#: 515-255-0444
<http://cii.oaregion4.org/>

IG#: 09214 IG Name: Northeast Iowa IG Reg.#: 04
PO Box 1591
Waterloo IA 50704
Northeast Iowa, Parts Pf Illinois And Wisconsin
Phone#: 800-480-7576 319-291-8743
<http://neiowa.oaregion4.org/>

KANSAS

IG#: 09153 IG Name: Mid-Continent IG Reg.#: 04
Equity Bank Building 7701 East Kellogg Suite 835
Wichita KS 67207
Wichita And South Central Kansas
Phone#: 316-267-5857
<http://oawichita.org/>

IG#: 09276 IG Name: Sunflower IG Reg.#: 04
PO Box 67181
Topeka KS 66667
60 Mile Radius Of Topeka
Phone#: 785-357-8774 785-272-6744
<http://sunflowerintergroupoa.org/>

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IG#: 09525 IG Name: Greater Kansas City Area IG Reg.#: 04
PO Box 2391
Shawnee Mission KS 66201-2391
Greater Kansas City Area
Phone#: 913-383-5933
<http://www.kansascityoa.org/>

KENTUCKY

IG#: 09022 IG Name: Louisville Metro IG Reg.#: 05
5000 Mile Of Sunshine Dr
Louisville KY 40219
Newcomer Info Heidi 502-939-2371, Louisville And Part Of Ky And Southern In
Phone#: 502-566-3110 502-969-6454
<http://www.region5oa.org/louisville/index.html>

IG#: 09475 IG Name: Bluegrass IG Reg.#: 05
C/o 115 North Ashland Ave
Lexington KY 40502
Central Eastern Kentucky
Phone#: 859-271-4655
<http://alyssa.dodd.home.insightbb.com/Bluegrass OA/home.htm>

LOUISIANA

IG#: 09023 IG Name: Central Office Of Louisiana IG Reg.#: 08
C/O 107 Mulberry Street
Schriever LA 70395
New Orleans, LA And Surrounding Area
Phone#: 504-366-3230 985-879-1341
<http://www.oa-neworleans.com/>

IG#: 09064 IG Name: Baton Rouge IG Reg.#: 08
PO Box 14815
Baton Rouge LA 70808
Baton Rouge, Donaldsonville, Hammond, New Roads, Plaquemine, And
Natchez, Mississippi
Phone#: 225-751-0259
<http://www.oabatonrouge.org>

IG#: 09213 IG Name: North Louisiana IG Reg.#: 08
PO Box 18452
Shreveport LA 71138
North Louisiana Including Shreveport, Westmonroe, Ruston, Mansfield, And
Monroe
Phone#: 318-677-4002 318-469-9556
<http://nola.oagroups.org/>

IG#: 09281 IG Name: Southwest Louisiana IG Reg.#: 08
PO Box 7303
Lake Charles LA 70606-7303
Allen, Beauregard, Cameron, Parishes And Calcasieu Areas
Phone#: 337-475-4466 337-477-7007
<http://swlaig.oagroups.org/>

MAINE

IG#: 09327 IG Name: Southern Maine IG Reg.#: 06
PO Box 10642
Portland ME 04104
Southern Maine Including Portland, York, Bath, Augusta, Waterville And
Scarborough
Phone#: 877-463-6207
<http://www.oamaine.org/>

IG#: 09473 IG Name: Seacoast IG Reg.#: 06
PO Box 666
York ME 03909-0666
Southern Maine And Seacoast Of New Hampshire
Phone#: 603-433-5464
<http://www.oaseacoast.org/>

IG#: 09516 IG Name: Central Maine IG Reg.#: 06
PO Box 1593
Bangor ME 04402-1593
Central And Northern Maine
Phone#:

MARYLAND

IG#: 09015 IG Name: Washington Dc Area IG Reg.#: 07
3205 Fayette Road
Kensington MD 20895
Maryland & DC
Phone#: 301-460-2800
<http://www.oa-dcmetro.org>

IG#: 09088 IG Name: Baltimore Area IG Reg.#: 07
PO Box 20013
Baltimore MD 21284-0013
Baltimore & Nearby Counties
Phone#: 410-764-3136
<http://www.oabaltimore.org>

IG#: 09339 IG Name: Annapolis Area IG Reg.#: 07
PO Box 57
Crownsville MD 21032
Annapolis Area
Phone#: 410-216-9444
<http://www.annapolisoa.org/>

IG#: 09509 IG Name: Northern Blue Ridge IG Reg.#: 07
PO Box 1366
Frederick MD 21702
Parts of Central Maryland, Eastern Panhandle West Virginia, And Parts Of
Southern Pennsylvania
Phone#: 301-694-3554
<http://www.northernblueridgeoa.org/>

MASSACHUSETTS

IG#: 09025 IG Name: Mass Bay IG Reg.#: 06
PO Box 74 7 Central St , Suite 209
Arlington MA 02476
Entire State Of Massachusetts
Phone#: 781-641-2303
<http://www.oambi.org>

IG#: 09106 IG Name: Central Massachusetts IG Reg.#: 06
PO Box 20539
Worcester MA 01602

Phone#:
<http://www.centmassint.org/>

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IG#: 09125 IG Name: Cape Cod IG Reg.#: 06
PO Box 273
Centerville MA 02632
Cape Cod, Wareham And Islands
Phone#: 508-428-9848
<http://www.ccigoa.org/>

IG#: 09130 IG Name: Western Mass IG Reg.#: 06
PO Box 2911
Springfield MA 01101-2911
Western Massachusetts (from Worcester, Ma to NY state line)
Phone#: 413-783-4198
<http://oawmass.org/>

IG#: 09200 IG Name: North Shore IG Reg.#: 06
PO Box 214
Reading MA 01867-0314
Greater Boston Area, And North Of Boston
Phone#: 978-407-9909
<http://www.oanorthshoreintergroup.org/>

IG#: 09357 IG Name: Metrowest IG Reg.#: 06
PO Box 600
Needham Heights MA 02194
West Boston Metro Area To Marlboro
Phone#: 508-875-0001 617-527-1705
<http://www.metrowestoa.org>

IG#: 09556 IG Name: South Coastal Mass IG Reg.#: 06
PO Box 336
Hull MA 02045-0336
South Shore Massachusetts
Phone#: 781-925-1903
<http://www.scmioa.org/>

IG#: 09579 IG Name: Apple Village IG Reg.#: 06
C/O Higgins 53 Brimbal Ave
Beverly MA 01915
Beverly And Salem Areas
Phone#: 978-921-7353

MICHIGAN

IG#: 09026 IG Name: Greater Detroit IG Reg.#: 05
25511 Southfield Road Suite 127
Southfield MI 48075
50 Mile Radius Of Detroit
Phone#: 248-559-7722 877-244-4771
<http://www.region5oa.org/detroit/Det-gen.html>

IG#: 09141 IG Name: *Southwest Michigan IG Reg.#: 05
PO Box 281 1151 W Milham Rd-returned mail-
Portage MI 49081
Southwestern Michigan
Phone#:
<http://www.region5oa.org/>

IG#: 09208 IG Name: Western Michigan IG Reg.#: 05
C/O Peckham 11144 Crawford Lake Trail
Cedar Springs MI 49319
Northwest Lower Michigan
Phone#: 616-855-4900
<http://wmi.oagroups.org/>

IG#: 09251 IG Name: Greater Ann Arbor Area IG Reg.#: 05
PO Box 7836
Ann Arbor MI 48107
50 Mile Radius Of Ann Arbor, Ypsilanti, Saline, Chelsea, Manchester, Brighton,
Tecumseh
Phone#: 734-480-4556 734-995-1835
<http://www.washtenaw-overeaters.com/>

IG#: 09354 IG Name: Jackson Area IG Reg.#: 05
PO Box 6348
Jackson MI 49204
Jackson And Lenawee Counties
Phone#: 517-782-2244

IG#: 09618 IG Name: Upper Peninsula Of Michigan Reg.#: 05
C/O Petrie 114 E. Kaye Ave
Marquette MI 49855
Upper Peninsula Of Michigan
Phone#:
<http://upperpeninsulaoa.com/>

MINNESOTA

IG#: 09422 IG Name: Northern Serenity IG Reg.#: 04
PO Box 161051
Duluth MN 55807
Northern Minnesota, Canada
Phone#: 218-728-4644 218-310-4590

IG#: 09589 IG Name: Unity IG Reg.#: 04
3208 W Lake St #45
Minneapolis MN 55416
Twin Cities And Surrounding Areas
Phone#: 612-377-1600 888-540-1212
<http://www.overeaters.org/>

MISSISSIPPI

IG#: 09304 IG Name: *Central Mississippi IG Reg.#: 08
PO Box 16653 -Returned Mail-
Jackson MS 39236-6653
Central Mississippi
Phone#: 601-957-0321

MISSOURI

IG#: 09029 IG Name: Saint Louis Bi-State IG Reg.#: 04
9907 Gravois Road Suite E
Saint Louis MO 63123
Saint Louis Metro Area And Southern Illinois
Phone#: 314-638-6070 314-638-6071 FAX
<http://www.stlouisoa.org>

IG#: 09346 IG Name: Greater Ozarks IG Reg.#: 04
PO Box 8675
Springfield MO 65801
Greater Ozarks Area
Phone#: 417-875-5787 417-869-6373

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MONTANA

IG#: 09087 IG Name: BIG Sky IG Reg.#: 01
PO Box 30533
Billings MT 59107-0533
Eastern Half Of Montana
Phone#: 406-545-9218 406-656-2292

IG#: 09279 IG Name: Bitterroot IG Reg.#: 01
C/O 515 Rollins
Missoula MT 59801
Western Montana
Phone#:

NEBRASKA

IG#: 09075 IG Name: Greater Omaha IG Reg.#: 04
PO Box 34117
Omaha NE 68134
Eastern And Central Nebraska, And Western Iowa
Phone#: 402-344-7925
<http://www.omahaoa.org>

IG#: 09135 IG Name: OA Links Of Lincoln IG Reg.#: 04
PO Box 80403
Lincoln NE 68501-0403
Lincoln Area, Southwest And South Central Nebraska
Phone#: 402-473-1952

NEVADA

IG#: 09074 IG Name: Las Vegas OA IG Reg.#: 03
PO Box 28377
Las Vegas NV 89126
Las Vegas, Henderson, Saint George Utah,
Phone#: 702-593-2945
<http://www.lvoa.org/>

IG#: 09325 IG Name: Northern Nevada Sierra IG Reg.#: 02
PO Box 438
Carson City NV 89702
Northern Nevada And Part Of California Including Reno And Lake Tahoe
Phone#: 775-747-7380
<http://www.nnsi.oar2.org/>

NEW HAMPSHIRE

IG#: 09190 IG Name: New Hampshire OA IG Reg.#: 06
PO Box 1363
Derry NH 03038-6363
All Of New Hampshire Except Seacoast
Phone#: 603-434-7578
<http://www.oanewhampshire.org>

NEW JERSEY

IG#: 09031 IG Name: Central Jersey IG Reg.#: 07
PO Box 181
Cranford NJ 07016
Central New Jersey
Phone#: 908-253-3464 908-337-6582
<http://www.oa-centraljersey.org/>

IG#: 09057 IG Name: North Jersey IG Reg.#: 07
PO Box 827
Fair Lawn NJ 07410
Northern New Jersey- Bergen Passaic, Hudson & Essex Counties
Phone#: 973-746-8787
<http://www.njioa.org>

IG#: 09069 IG Name: South Jersey IG Reg.#: 07
PO Box 766
Voorhees NJ 08043
Southern New Jersey, Ig Meeting 1st Sat Of The Month Only
Phone#: 609-239-0022
<http://www.southjerseyoa.org>

IG#: 09344 IG Name: Jersey Shore IG Reg.#: 07
PO Box 571
Manahawkin NJ 08050
Lakewood to Cape May
Phone#: 609-698-0244
<http://www.jerseyshoreoa.org/>

IG#: 09520 IG Name: West Jersey IG Reg.#: 07
C/O 14 Buena Rd
Parsippany NJ 07054
Morris, Warren, Sussex And Essex Counties
Phone#: 973-335-1717
<http://www.wjioa.org/>

NEW MEXICO

IG#: 09024 IG Name: Central New Mexico IG Reg.#: 03
PO Box 30273
Albuquerque NM 87190-0273
Central Part Of New Mexico And Durango Colorado
Phone#: 505-261-3553

IG#: 09416 IG Name: Northern New Mexico OA IG Reg.#: 03
PO Box 4271
Santa Fe NM 87502
Northern New Mexico And Southern Colorado
Phone#: 505-984-1315
<http://www.northernnewmexicooa.org>

NEW YORK

IG#: 09033 IG Name: Greater NY OA Metro IG Inc. Reg.#: 06
PO Box 1235
New York NY 10159-1235
5 Boroughs Of New York City
Phone#: 212-946-4599
<http://www.oanyc.org>

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IG#: 09034 IG Name: Nassau County IG Reg.#: 06
C/O 3303 3rd Street
Oceanside NY 11572
Mid Long Island
Phone#: 516-794-1333 516-448-1983
<http://www.nassauoa.org>

IG#: 09036 IG Name: Suffolk County IG Reg.#: 06
231 Buffalo Drive
Medford NY 11763-3730
Suffolk County Long Island New York
Phone#: 631-475-5965 631-475-6987
<http://www.suffolkkoa.org>

IG#: 09038 IG Name: Westchester United IG Reg.#: 06
PO Box 125
White Plains NY 10603
Westchester And Putnam Counties
Phone#: 914-633-2988 Hotline
<http://www.oahelps.org>

IG#: 09055 IG Name: Greater Rochester IG Reg.#: 06
PO Box 20683
Rochester NY 14602
Rochester And Surrounding Counties
Phone#: 585-234-5435
<http://www.rochesteroa.org/>

IG#: 09056 IG Name: Western New York IG Reg.#: 06
PO Box 936
Williamsville NY 14221
Western New York- Erie, Niagara, Orleans, And Allegheny Counties
Phone#: 716-694-4848
<http://www.oawny.com/>

IG#: 09063 IG Name: Queens Unity IG Reg.#: 06
PO Box 650187
Fresh Meadows NY 11365-0187
Queens Ny
Phone#: 516-487-3395 718-962-2755
<http://www.queensoa.org>

IG#: 09067 IG Name: Greater Syracuse IG Reg.#: 06
Teall Station PO Box 6058
Syracuse NY 13217-6058
Central New York
Phone#: 315-437-0088
<http://mysite.verizon.net/vzewojeu/oasyracuse/>

IG#: 09079 IG Name: NYS Capital District IG Reg.#: 06
PO Box 145
Albany NY 12201
Albany, Schenectady, Troy, Saratoga And Glens Falls
Phone#: 518-292-0666
<http://nycd.oagroups.org/>

IG#: 09137 IG Name: Staten Island IG Reg.#: 06
PO Box 120-216
Eltingville NY 10312-0006
All Of Staten Island
Phone#: 718-605-1393 718-966-8330
<http://sioa.org/>

IG#: 09148 IG Name: Overeaters Anonymous Southern Tier IG Reg.#: 06
PO Box 771
Binghamton NY 13901
Binghamton New York And Southern Tier
Phone#: 607-722-0421

IG#: 09150 IG Name: Bronx IG Reg.#: 06
C/O 1225 Waring Avenue
Bronx NY 10469-5730
East Bronx, Pelham Parkway, Riverdale, And Wakefield
Phone#: 866-841-9139 ex2229
<http://oabronx.oagroups.org/>

IG#: 09206 IG Name: Mid Hudson IG Reg.#: 06
C/O324 Nina Street
New Windsor NY 12553
Ulster, Kingston, Orange, Dutchess, Greene, Sullivan And Columbia Counties
Phone#: 845-657-6603 HOTLINE 845-783-5715
<http://www.midhudsonoa.org/>

IG#: 09368 IG Name: Long Island How IG Reg.#: 06
c/o Acosta 175 Liberty Ave
N Babylon NY 11703
Nassau And Suffolk Counties
Phone#:

IG#: 09439 IG Name: Ithaca New York IG Reg.#: 06
C/O Craven Fowler 378 Ellis Hollow Creek RD
Ithaca NY 14850
Tompkins County
Phone#: 607-387-8253 607-331-4329

IG#: 09586 IG Name: R.C.OA IG Reg.#: 06
C/O 33A Amundsen Ln
New City NY 10956
Rockland County
Phone#: 845-639-2620

NORTH CAROLINA

IG#: 09185 IG Name: Piedmont IG Reg.#: 08
C/O K MacMahon 14309 Southbridge Forest Dr
Charlotte NC 28273
50 Mile Radius Of Charlotte
Phone#: 704-319-1625 704-542-4849

IG#: 09230 IG Name: Western Carolina IG Reg.#: 08
PO Box 19783
Ashville NC 28815-1783
Asheville North Carolina, Greenville/Spartanburg South Carolina
Phone#: 864-282-0105 SC 828-258-4821 NC

IG#: 09314 IG Name: Triangle IG Reg.#: 08
PO Box 20356
Raleigh NC 27619
Orange, Durham, Wake, Chatam, Moore, Scotland And Cumberland Counties
Phone#: 919-406-9300
<http://www.triangleoa.org/>

Overeaters Anonymous Service Body Directory

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IG#: 09445 IG Name: Triad IG Reg.#: 08
1747 Chestnut Glen Way
High Point NC 27262
Triad Area Including Winston-Salem, Greensboro And Highpoint
Phone#: 877-366-4605 336-545-8008
<http://triadig.oagroups.org/>

NORTH DAKOTA

IG#: 09211 IG Name: Red River Valley IG Reg.#: 04
PO Box 9951
Fargo ND 58106-9951
All Of North Dakota And 100 Miles Into Minnesota And South Dakota
Phone#: 218-287-5323

OHIO

IG#: 09040 IG Name: Greater Cincinnati IG Reg.#: 05
PO Box 222
Cincinnati OH 45201-0222
Greater Cincinnati, Northern Kentucky And Indiana
Phone#: 513-921-1922
<http://cincinnati.oh.org/>

IG#: 09041 IG Name: Cleveland Central IG Reg.#: 05
PO Box 29087
Parma OH 44129
Metropolitan Cleveland Area
Phone#: 866-268-2160
<http://www.region5oa.org/cleveland/index.html>

IG#: 09122 IG Name: Greater Canton Area IG Reg.#: 05
C/O Hanson 6919 Ponteberry St NW
Canton OH 55718
800-589-6262, Greater Canton Area
Phone#: 330-489-6740

IG#: 09134 IG Name: Central Ohio Service IG Reg.#: 05
PO Box 14268
Columbus OH 43214-4268
Central And South Eastern Ohio
Phone#: 614-253-2492
<http://www.region5oa.org>

IG#: 09175 IG Name: Greater Dayton IG Reg.#: 05
C/O St Mark's Episcopal Church 456 Woodman Dr
Dayton OH 45431
Southwest Ohio And Surrounding Dayton, Kettering, Huber Heights
Phone#: 937-252-6766
<http://www.region5oa.org/dayton>

IG#: 09373 IG Name: Mad River Valley IG Reg.#: 05
PO Box 2322
Springfield OH 45501
Springfield, Xenia And Clark Counties
Phone#: 937-342-2165
<http://www.region5oa.org/madriver/index.html>

OKLAHOMA

IG#: 09097 IG Name: Tulsa Green Country IG Reg.#: 03
4815 S Sheridan #111
Tulsa OK 74145-5715
Tulsa County Area
Phone#: 918-731-4102
<http://www.tulsaoa.org/>

IG#: 09167 IG Name: Greater Oklahoma City IG Reg.#: 03
4010 N Lincoln Blvd Suite 104 PO Box 60903
Oklahoma City OK 73146-0903
Central And Western Oklahoma
Phone#: 405-942-0577
<http://www.ooakc.org/>

OREGON

IG#: 09043 IG Name: Oregon OA IG Reg.#: 01
PO Box 2429
Portland OR 97208-2429
Nw Oregon & S Central Washington
Phone#: 503-254-5658
<http://www.oregon-ooa.org>

IG#: 09166 IG Name: Emerald Empire IG Reg.#: 01
PO Box 11172
Eugene OR 97440
South West Oregon
Phone#: 541-463-7618
<http://oeugene.org/>

IG#: 09384 IG Name: Jefferson State IG Reg.#: 01
C/O Rubert Po Box 215
Phoenix OR 97535
Southern Oregon And Northern California
Phone#:

IG#: 09488 IG Name: Eagle Cap Reg.#: 01
C/O 1550 Madison St
Baker City OR 97814
Northeastern Oregon
Phone#: 541-523-5128
[http://www.oaregion1.org/Eagle Cap Meetings.pdf](http://www.oaregion1.org/Eagle%20Cap%20Meetings.pdf)

IG#: 09529 IG Name: Catch The Wave IG Reg.#: 01
C/O Cindy T Po Box 1466
Wincheshter Bay OR 97467
Coos Bay, North Bend, Bandon And Florence
Phone#: 541-271-2436

IG#: 09592 IG Name: Central Oregon IG Of OA Reg.#: 01
C/O 1445 NW Portland
Bend OR 97701
Central Oregon
Phone#: 541-306-6844

PENNSYLVANIA

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IG#: 09044 IG Name: PA IG Philadelphia Area IG Reg.#: 07
PO Box 129
Warminster PA 18974
Philadelphia, Montgomery And Bucks County
Phone#: 215-674-4418
<http://www.oa-phila.org/>

IG#: 09045 IG Name: Greater Pittsburgh IG Reg.#: 07
PO Box 5459
Pittsburgh PA 15206
90 mile radius of Pittsburgh excluding Lawrence county, PA and Mercer county,
PA
Phone#: 412-765-3004
<http://www.gpioa.org/>

IG#: 09098 IG Name: Northeastern PA IG Reg.#: 07
PO Box 1444
Kingston PA 18704
Northeastern Pennsylvania
Phone#: 800-432-8007 570-829-1341

IG#: 09170 IG Name: Penn-Jersey IG Reg.#: 07
C/O 1747 W Cedar St
Allentown PA 18104
Lehigh County, Northampton County, East Stroudsburg, and Lehigh areas.
Phone#: 610-435-2736 610-791-5279
<http://pennjerseyig.oagroups.org/>

IG#: 09197 IG Name: South Central Penn IG Reg.#: 07
PO Box 35,
Fleetwood PA 19522
Dauphin, Berks, Lebanon, Lancaster, York, Perry, Cumberland, Adams, South
Franklin And South Central PA
Phone#: 610-370-9090 717-391-2950
<http://www.scpoai.org/>

IG#: 09254 IG Name: Brandywine IG Reg.#: 07
PO Box 605
Brynmawr PA 19010-0605
Delaware, Chester And Southwestern Montgomery Counties
Phone#: 610-565-9695
<http://www.aa-brandywine.org>

IG#: 09274 IG Name: Crossroads Of Hope IG Reg.#: 05
C/O S Lander 1298 Butler Pike
Mercer PA 16137
Youngstown Ohio And Western Pennsylvania
Phone#:

IG#: 09465 IG Name: Lackawanna Area IG Reg.#: 07
PO Box 46
Clarks Summit PA 18411
Scranton Clarks Summit
Phone#: 570-587-4313

PUERTO RICO

IG#: 09293 IG Name: Puerto Rico IG Reg.#: 08
Residencia Faculted C4 Ave Barbosa 991
San Juan PR 00923
All Of Puerto Rico & Dominican Republic
Phone#: 787-783-6745 787-767-4995
<http://www.oapr.org/>

RHODE ISLAND

IG#: 09449 IG Name: Ocean And Bay IG Reg.#: 06
PO Box 41273
Providence RI 02940-1273
All of Rhode Island And Southeast Massachusetts
Phone#: 401-438-1301 401-658-2762
<http://www.oceanandbay.org/>

SOUTH CAROLINA

IG#: 09080 IG Name: Central Midlands IG Reg.#: 08
PO Box 2407
Columbia SC 29202
Central Area Of South Carolina
Phone#: 803-736-9878

IG#: 09210 IG Name: Lowcountry IG Reg.#: 08
C/O Mccunn 611 Dowling Street
Walterboro SC 29488
Charleston, Dorchester and Berkeley Counties
Phone#: 843-577-9499
<http://lowcountryoa.wordpress.com/>

IG#: 09431 IG Name: Grand Strand IG Reg.#: 08
PO Box 30806
Myrtle Beach SC 29588
Myrtle Beach, Surfside And North Myrtle Beach
Phone#: 843-222-3416 843-421-3120

IG#: 09615 IG Name: Coastal South Carolina Reg.#: 08
44 Old Fort Dr
Hilton Head Island SC 29926

Phone#:

SOUTH DAKOTA

IG#: 09418 IG Name: Hills And Plains OA IG Reg.#: 04
PO Box 3295
Rapid City SD 57719
Western Midwest
Phone#:

IG#: 09440 IG Name: Tri-State Siouxland OA IG Reg.#: 04
402 West Main
Vermillion SD 57069
Northwest Iowa, Southeast South Dakota And Northeast Nebraska
Phone#:

TENNESSEE

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IG#: 09126 IG Name: Smoky Mountain IG Reg.#: 08

PO Box 11381
Knoxville TN 37919
Knoxville And East Tennessee, Smoky Mountains, Maryville, La Follette,
Morristown, Greenville, And Sevierville
Phone#: 865-671-8871
<http://smokymtnintergroup.oagroups.org/>

IG#: 09165 IG Name: Greater Memphis Area IG Reg.#: 08

C/O Peterson 1770 Magnolia Tree RD
Germantown TN 38138
Memphis And Surrounding Areas
Phone#: 901-458-5261
<http://www.oamemphis.org>

IG#: 09228 IG Name: Middle Tennessee IG Reg.#: 08

The Barnes Building, 392 Harding Place, Suite 110
Nashville TN 37211
Middle Tennessee, Nashville And Surrounding Counties
Phone#: 615-596-9715
<http://www.oanashville.org>

IG#: 09260 IG Name: Unity IG Reg.#: 08

PO Box 23872
Chattanooga TN 37422
Chattanooga Tennessee And Northern Georgia
Phone#: 423-894-9966 706-866-9181
<http://oaunity.org/>

TEXAS

IG#: 09047 IG Name: Coastal Bend IG Reg.#: 03

PO Box 8448
Corpus Christi TX 78468
Gulf Coast, Coastal Bend Area Of Texas
Phone#: 361-882-1165

IG#: 09048 IG Name: Dallas Metroplex IG Reg.#: 03

331 Melrose Dr #116
Richardson TX 75080
Dallas Metroplex Area
Phone#: 972-238-0333
<http://www.oadallas.org>

IG#: 09050 IG Name: Houston Metro IG Reg.#: 03

PO Box 741836
Houston TX 77274-1836
Houston Metropolitan Area
Phone#: 713-973-6633
<http://www.oahouston.org>

IG#: 09163 IG Name: Tri County IG Reg.#: 03

Pantego Po Box 14324
Arlington TX 76094-1324
Fort Worth, Arlington, Hurst, Weatherford, Cleburne, Granbury, Stephenville,
And Colleyville Areas
Phone#: 817-303-2888 817-292-8188
<http://www.aa-tricounty.org/>

IG#: 09229 IG Name: Heart Of Texas IG Reg.#: 03

PO Box 4116
Austin TX 78765-4116
Austin and 50 mile radius
Phone#: 512-327-2802 512-251-6973
<http://hotig.oagroups.org/>

IG#: 09244 IG Name: San Antonio Area IG Reg.#: 03

PO Box 5458
San Antonio TX 78201
San Antonio And South Texas
Phone#: 210-492-5400
<http://oasanantonio.org/>

IG#: 09342 IG Name: Galveston/ Bay Area IG Reg.#: 03

PO Box 992
League City TX 77574
Galveston, Houston And Bay Area
Phone#: 281-557-0663 281-471-4114
<http://www.OAGalveston.org/>

IG#: 09374 IG Name: Rio Grande Valley IG Reg.#: 03

3311 Megan Dr
Edinberg TX 78539
Brownsville, Harlingen, Weslaco, Donna, Pharr, San Juan, Alamo, Mcallen,
Mission And Zapata
Phone#:

IG#: 09378 IG Name: Big Country IG Reg.#: 03

C/O Towell 1150 S Leggett Dr
Abilene TX 79605
Central West Texas
Phone#: 325-320-4727
<http://oabigcountry.net/>

IG#: 09462 IG Name: Golden Crescent IG Reg.#: 03

2010 N Navarro Suite B
Victoria TX 77901
Victoria, Port Lavaca And Refugio Areas
Phone#: 361-503-2828
<http://www.oavictoria.org/>

IG#: 09477 IG Name: West Texas How IG Reg.#: 03

C/O D Stokes 405 Rio Concho Dr #309
San Angelo TX 76903
Tom Green County And Concho Valley Area
Phone#: 915-653-3030

IG#: 09513 IG Name: OA-HOW HOUSTON IG INC. Reg.#: 03

14347 River Forest Dr
Houston TX 77079
Houston And Galveston Areas
Phone#: 281-460-6548

IG#: 09617 IG Name: El Paso Serenity IG Reg.#: 03

C/O Coleman 12238 El Greco Circle
El Paso TX 79936
El Paso County
Phone#: 866-890-9625
<http://elpaso.oagroups.org/>

UTAH

IG#: 09159 IG Name: Northern Utah IG Reg.#: 03

PO Box 65035
Salt Lake City UT 84165
Northern Utah, Including Salt Lake City, Ogden, And Logan
Phone#: 801-484-1442 801-487-2350
<http://www.oautah.org/>

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VERMONT

IG#: 09543 IG Name: Green Mountain North IG Reg.#: 06
PO Box 1352
Burlington VT 05402-1352
Northern Vermont And Nearby Areas
Phone#: 802-863-2655 802-363-3747
<http://www.oavermont.org/>

VIRGINIA

IG#: 09136 IG Name: Tidewater IG Reg.#: 07
PO Box 61908
Virginia Beach VA 23466-1908
Tidewater Area, Norfolk, Chesapeake, Elizabeth City, Portsmouth, Eastern Shore,
Virginia Beach, And Newport News
Phone#: 757-456-1530
<http://oatidewater.org/>

IG#: 09207 IG Name: Central Virginia IG Reg.#: 07
PO Box 70611
Richmond VA 23255-0611
Central Virginia
Phone#: 804-346-5797
<http://richmondoa.com/index2.html>

IG#: 09253 IG Name: Southwestern Virginia Agape IG Reg.#: 07
PO Box 20621
Roanoke VA 24018
Southwestern Virginia
Phone#:
<http://www.swvaovereatersanonymous.org/>

IG#: 09348 IG Name: Tri State Recovery IG Reg.#: 07
C/O J Armel 124 Appomattox Dr
Stephens City VA 22655
Western Maryland, Northern Virginia And Eastern West Virginia
Phone#: 540-868-2284

IG#: 09358 IG Name: Northern Virginia Outreach IG* Reg.#: 07
2811 S Columbus St
Arlington VA 22206-1410
50 Mile Radius Of Washington Dc, And South And West Virginia
Phone#: 703-823-6682
<http://www.oanova.org>

IG#: 09489 IG Name: OA Harrisonburg IG Reg.#: 07
C/O 53 Weaver Avenue
Harrisonburg VA 22801-0347
Harrisonburg City And Rockingham County
Phone#:

IG#: 09622 IG Name: Loudoun Intergroup Reg.#: 07
PO Box 4067
Leesburg VA 20177
Loudoun County
Phone#: 703-443-9144 703-771-0262

WASHINGTON

IG#: 09093 IG Name: Greater Columbia IG Reg.#: 01
PO Box 6212
Kennewick WA 99336-0628
Eastern Washington And North East Oregon
Phone#: 509-943-4626 509-783-7408

IG#: 09107 IG Name: Lake Country IG Reg.#: 01
PO Box 4054
Spokane WA 99202-4054
Eastern Washington, North Idaho And Southern Bc Canada
Phone#: 509-328-9972
<http://lakecountry.oagroups.org/>

IG#: 09132 IG Name: North Cascades IG Reg.#: 01
C/O C Youtsey 9287 Avon Allen Road
Bow WA 98232
Whatcom, Skagit And San Juan Counties
Phone#: 360-428-7107

IG#: 09193 IG Name: Pierce County IG Reg.#: 01
PO Box 39397
Lakewood WA 98496
Pierce County
Phone#: 253-238-2287

IG#: 09194 IG Name: Greater Seattle IG Reg.#: 01
PO Box 17415
Seattle WA 98127
Seattle And The Suburbs
Phone#: 206-264-5045 425-497-1421
<http://www.seattleoa.org>

IG#: 09196 IG Name: Peninsula IG Reg.#: 01
695 Oak View Place
Sequim WA 98382
Puget Sound Area
Phone#: 360-417-1570

IG#: 09480 IG Name: Unity With Diversity IG Reg.#: 01
C/O Sherman 2617 Saint Paul St
Bellingham WA 98226
Whatcom County Area
Phone#: 360-676-2279 HOTLINE 360-366-4214

IG#: 09587 IG Name: South Sound Intergroup Reg.#: 01
C/O 801 Euclid Ave
Shelton WA 98584
Olympis, Yelm Centralia, Shelton, South Sound WA
Phone#: 253-851-5621 360-970-8249

WEST VIRGINIA

IG#: 09271 IG Name: Mountain State IG Reg.#: 07
C/O E Chwalibog 320 9th Avenue
Huntington WV 25701
Tri state area (Huntington WV, Ashland, KY., South Point OH), Charleston WV
& suburbs, Parkersburg, WV
Phone#:

Overeaters Anonymous Service Body Directory

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WISCONSIN

IG#: 09053 IG Name: Milwaukee Area IG Reg.#: 05
7441 W Greenfield Ave #12
West Allis WI 53214-4676
Milwaukee, Washington, Waukesha And Ozaukee Counties
Phone#: 414-259-0640
http://www.region5oa.org/milwaukee/Milwaukee_index.html

IG#: 09073 IG Name: Rock River IG Reg.#: 05
3929 S. Wyoming Ct
Janesville WI 53545-4213
Northern Illinois And Extreme Southern Wisconsin
Phone#: 605-756-1455
<http://rrig.oagroups.org/>

IG#: 09161 IG Name: Madison Area IG Reg.#: 05
PO Box 294
Madison WI 53701
Madison And Surrounding Areas
Phone#: 866-465-8376 608-663-8823
<http://www.oamadison.org>

IG#: 09201 IG Name: Northeast Wisconsin IG Reg.#: 05
PO Box 1842
Appleton WI 54912
Northeastern Wisconsin And Upper Peninsula Of Michigan
Phone#:
<http://www.region5oa.org/newi/index.html>

WYOMING

IG#: 09430 IG Name: Outstate IG Reg.#: 03
182 Park Ave
Torrington WY 82240
Scottsbluff, Alliance And Torrington Wyoming
Phone#: 307-532-5730 307-532-8767

Aruba

IG#: 09619 IG Name: Aruba IG Reg.#: 08
Rooi Santo 100
Noord Aruba
Country of Aruba
Phone#: 001-843-492-5345 001-297-594-2636

Australia

IG#: 09072 IG Name: OA Melbourne IG Reg.#: 10
GPO Box 1102J
Melbourne Vic 3001 Australia
Melbourne And Surrounding Area
Phone#: +61-03-9521-3696
<http://www.oa.org.au/>

IG#: 09239 IG Name: Sydney IG Reg.#: 10
PO Box 35
Dulwich Hill NSW Nsw 2203 Australia
Sydney Metropolitan Area And New South Wales Country Area
Phone#: 61-2-43900518
<http://www.oasydney.org>

IG#: 09273 IG Name: Adelaide IG Reg.#: 10
PO Box 206 Unley 5061
South Aust Australia
South Australia
Phone#: 618-8224-0500

IG#: 09336 IG Name: Brisbane OA IG Reg.#: 10
PO Box 15015
City East Brisbane Qld 4002 Australia
All Of Queensland
Phone#: +61-7-3030-3619
<http://www.oabrisbane.org>

IG#: 09341 IG Name: Perth Overeaters Anonymous IG Reg.#: 10
Lotteries House 2 Delhi St
West Perth 6005 Australia
Western Australia
Phone#: 61-8-9420-7254

Austria

IG#: 09614 IG Name: Austria IG Reg.#: 09
Amerlinghaus Kulturverein Spittelberg Stiflgasse 8
Vienna A-1070 Austria
Phone#: ++43-(0)676-7879144

Belgium

IG#: 09459 IG Name: Flemish IG Reg.#: 09
Herentalsebaan 339
2100 Deurne Belgium
Flanders
Phone#: 032-3-7666703 032-486-402009
<http://www.anoniemeovereters.be/>

IG#: 09597 IG Name: IG OA Francophone De Belgique Reg.#: 09
Outremangeurs Anonymes Oa Rue De Bruxelles, 15
Wavre B1300 Belgium
Wallonie & Brussels, All French Speaking Groups in Belgium
Phone#:

Brazil

IG#: 09389 IG Name: Rio De Janeiro IG Reg.#: 08
Rua Senador Dantas 117/sl 1309 Centro
Rio De Janeiro, Rj - 20031-201 Brazil
The State Of Rio De Janeiro
Phone#: 55-21-2262-8468
<http://www.ccarj.org.br/>

Overeaters Anonymous Service Body Directory

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IG#: 09452 IG Name: Intergroup Sul De Comedores Reg.#: 08
Rua Dos Andradas 1137 Conj 108
Porto Alegre Cep 90020-007 Rs Brazil
Estados De Rio Grande Do Sul
Phone#: 55-51-32863748

IG#: 09505 IG Name: Intergroup Ceara Reg.#: 08
Cx Postal 376 - Ag. Central Dos Correios
Fortaleza - CearÁ - Cep: 60001-970 Brazil
Fortaleza-Ceara
Phone#: 55-85-3220-7239

IG#: 09506 IG Name: Interior De Sao Paulo IG Reg.#: 08
Rua Olavo Bilac, 263, Bairro Boa Vista
Limeira Sp 13486-123 Brazil
Cities In Inner Sao Paulo
Phone#:

IG#: 09507 IG Name: Intergroup De Mg (Minas Gerais) OA Reg.#: 08
Rua Goitacazes 333 Sala 1003 Centro Cep 30190 050
Belo Horizonte Mg Brazil
Minas Gerais
Phone#: 55-31-3213-2052 55-31-3464-4791

IG#: 09560 IG Name: Iscca-ABC Service IG Reg.#: 08
Rua Luiz Pinchiari, 33 - Jd Paramount -
Sao Bernardo Do Campo - Sp CEP 09608-070 Brazil
Maua, Sao Bernardo Do Campo, Santo Andre, Sao Caetano Do Sul, Rebeirao
Pines
Phone#:

IG#: 09605 IG Name: Intergroup Do Distrito Federal Reg.#: 08
Sqn 311, Bloco B, Apto 208, Asa Norte,
Brasilia DF 70757-020 Brazil
Phone#: 55-61-3447-7787 55-61-8168-8560
<http://www.ccadf.hpg.ig.com.br/>

Brazil NSB

IG#: 09962 IG Name: Juncab NSB Reg.#: 08
Rua Debret 79 Sala 702 Castelo
Rio De Jeaneiro RJ CEP 20030-080 Brazil
MG Brazil www.ccarj.org.br
Phone#: 55-21-25325174
<http://www.comedorescompulsivos.org.br>

CANADA - ALBERTA

IG#: 09215 IG Name: Southern Alberta IG Reg.#: 01
PO Box 1527 Station T
Calgary AB T2H 3A3 Canada
Southern Alberta, Red Deer South To Us Border
Phone#: 403-691-1030
<http://www.aa-southernalberta.com/>

IG#: 09235 IG Name: Northern Lights IG Reg.#: 01
#1598-5328 Calgary Trail Nw
Edmonton AB T6H 4J8 Canada
Northern Alberta
Phone#: 780-423-2546
<http://northernlights.oagroups.org/>

CANADA - BRITISH COLOMBIA

IG#: 09217 IG Name: Sea To Sky IG Reg.#: 01
PO Box 1206 Rpo Metrotown
Burnaby BC V5H 4J8 Canada
British Columbia Lower Mainland And Outer Areas
Phone#: 604-878-4575
<http://www.oaregion1.org/Sea to Sky Meetings.pdf>

IG#: 09263 IG Name: Vancouver Island IG Reg.#: 01
PO Box 5332, Station B
Victoria BC V8R 5B1 Canada
Vancouver Islands
Phone#: 250-413-3093
<http://www.oaregion1.org/OA Meeting List on Vancouver Island.doc>

IG#: 09285 IG Name: Southern BC Interior IG Reg.#: 01
PO Box 20139 Rpo Town Center
Kelowna BC V1Y 9H2 Canada
South Central British Columbia And North Washington
Phone#:

CANADA - MANITOBA

IG#: 09204 IG Name: Heart Of Canada IG Reg.#: 04
Box 26055
Winnipeg MB R3G 3R3 Canada
Manitoba And Northwest Ontario- HeartofCanadaOAIG@gmail.com
Phone#:

CANADA - NEW BRUNSWICK

IG#: 09316 IG Name: OANB (New Brunswick IG) Reg.#: 06
C/o 16 Pine Ave
Saint John NB E2M 6J8 Canada
Province Of New Brunswick Additional Ig Contact Elsa 506-632-8017
Phone#: 506-363-5193 506-696-4755

CANADA - NEWFOUNDLAND

IG#: 09392 IG Name: Island IG Reg.#: 06
PO Box 28012
St Johns NL A1B 4J8 Canada
Newfoundland
Phone#: 709-738-1742
<http://oanl.oagroups.org/>

CANADA - NOVA SCOTIA

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IG#: 09262 IG Name: Nova Scotia IG Reg.#: 06
111 Sandrick Ave
Lower Sackville NS B4C 3Y3 Canada
Nova Scotia
Phone#:

IG#: 09600 IG Name: Intergroupe OA Francais De L'outaouais Reg.#: 06
14, Chemin Briere
Bowman QC J0X 3C0 Canada
Eastern Ontario
Phone#: 819-454-2449 819-986-3136
<http://www.oe-ottawa.ca>

CANADA - ONTARIO

IG#: 09110 IG Name: Central Ontario IG Reg.#: 06
Paulist Ministry Centre 830 Bathurst Street
Toronto ON M5R 3G1 Canada
North Central Ontario, Toronto, Kitchener (w), And Belleville (e)
Phone#: 416-588-6134 866-221-5061
<http://www.oeontario.org/>

IG#: 09180 IG Name: Southwestern Ontario IG Reg.#: 05
C/o 115 Wright St
Amherstburg ON N9V 3T3 Canada
Southwestern Ontario Including Windsor, Essex County and Kent County
Phone#: 519-257-1521
<http://www.region5oa.org/swoi/index.html>

IG#: 09275 IG Name: Ottawa District IG Reg.#: 06
C/o Westgate Postal Outlet Po Box 35036, 1309 Carling Ave
Ottawa ON K1Z 1A2 Canada
Eastern Ontario
Phone#: 613-820-5669
<http://www.oe-ottawa.ca>

IG#: 09486 IG Name: Land Between The Lakes IG Reg.#: 05
PO Box 24005
London ON N6H 5C4 Canada
Southwest Ontario Excluding Kitchener And Windsor
Phone#: 519-457-8686
http://www.region5oa.org/ontario_files/ontario.html

CANADA - QUEBEC

IG#: 09140 IG Name: Montreal English IG Reg.#: 06
842 Ch du Sablon
Chomedey Laval QC H7W 4H7 Canada
Quebec And Eastern Ontario
Phone#: 514-488-1812

IG#: 09160 IG Name: Intergroupe OA Francais de Montreal Reg.#: 06
312, rue Beaubien Est
Montreal QC H2S 1R8 Canada
eastern region of Canada
Phone#: 514-490-1939 877-509-1939
<http://www.outremangeurs.org>

IG#: 09330 IG Name: Intergroupe OA Quebec Reg.#: 06
C.p. 31121 2700 Boul Laurier
Quebec QC G1C 2L8 Canada
Eastern Quebec Province
Phone#: 418-871-8240
<http://www.oequebec.org/>

CANADA - SASKATCHEWAN

IG#: 09202 IG Name: Regina IG Reg.#: 01
C/o 6218 Parsons Bay
Regina SK S4X 3A4 Canada
Regina And District
Phone#: 306-586-1080
<http://www.oaregina.com>

Colombia

IG#: 09566 IG Name: Intergrupos Medellin Reg.#: 08
Calle 52 No. 47-28 Oficina 1021 Edificio la Ceiba
Medellin Antioquia Colombia
Medellin Area Including Bogota, Barranquilla, Bucaramanga, Cali, Popayan And Cucuta
Phone#: 057-4-250-9850 057-4-347-2872
<http://www.oacolombia.org/>

IG#: 09623 IG Name: Intergroup of Bogota Reg.#: 08
Via a La Calera Poste 178 Urbanizacion Casa No. 30
Mirajor Jel Lago Colombia
Bogota and its surroundings
Phone#:

Colombia NSB

IG#: 09966 IG Name: Centro Nacional De Servicio Colombia Reg.#: 08
Calle 52 No. 47-28 Oficina 1021 Edificio la Ceiba
Medellin Antioquia Colombia
Bogota, Barranquilla, Bucaramanga, Cali, Palmira, Armenia And Medellin
Phone#: 57(4)2519408
<http://www.oacolombia.org/>

Costa Rica

IG#: 09604 IG Name: Costa Rica IG Reg.#: 08
G Avalos Sjo 85519 7979 NW 21st Street
Doral FL USA 33122-1616 Costa Rica
Phone#: 506-2203-3439
<http://ccacostarica.org/>

Cuba

IG#: 09576 IG Name: Love Cuba Reg.#: 08
c/o Calzada Apto. No.856 (Apto 8) F/4y6; Vedado
Havana Havana HB 10400 Cuba
All of Cuba
Phone#: 53-5-833-0350 53-5-873-9324

Overeaters Anonymous Service Body Directory

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Denmark NSB

IG#: 09971 IG Name: NSB OA Denmark Reg.#: 09
M Soendergaard Jahobsen Carl Blochs Gade 15, 4. th
Dk 8000 Aarhus C Denmark
Denmark
Phone#: +45-29243420
<http://www.aa-dk.org/>

England

IG#: 09139 IG Name: OA South & East England IG Reg.#: 09
Bm 4339
London WC1N 3XX England
London And South And East England
Phone#: +44(0)8702-259-728
<http://www.oasouthandeastengland.org.uk/>

IG#: 09481 IG Name: South Coast IG Reg.#: 09
C/o 34 Durham Gardens Waterlooville
Hampshire PO7 7BB England
Hampshire, Dorset, Sussex, And Surrey Areas
Phone#: 44-07507-133933
<http://www.oasouthcoast.org.uk/>

IG#: 09536 IG Name: Kent And Essex IG Reg.#: 09
C/o 12 Wakefield Road,
Greenhithe, Kent DA9 9JE England
Kent And Essex Counties/ Southeast England
Phone#: 01322-383312
<http://www.oagb.org.uk/>

IG#: 09563 IG Name: North Of England IG Reg.#: 09
c/o 4 Office Row
New Herrington, Tyne and Wear DH4 4NF England
Phone#: 0044(0)7757-317-467
<http://www.oagb.org.uk/>

IG#: 09564 IG Name: Heart Of England Reg.#: 09
c/o Overeaters Anonymous 96 Rollason Road
Coventry CV6 4AL England
Central England
Phone#: +44(0)870-225-4225
<http://www.oagb.org.uk/>

IG#: 09593 IG Name: West Of England Reg.#: 09
15 Lippetts Way, Catcott
Bridgewater Somerset England
Bath,Ne Somerset, Somerset, S Gloucestershire, W Wiltshire, Se Wales
Phone#: 07531705594 0117-330-1912
<http://www.oagb.org.uk/>

IG#: 09596 IG Name: Devon & Cornwall Reg.#: 09
C/o V Reid Flat 2, Bridge House, Penpol Terrace,
Hayle, Cornwall TR27 4BQ England
Devon & Cornwall
Phone#: +44-01752-212070 +44- 07971236250
<http://www.oagb.org.uk/>

IG#: 09608 IG Name: North West Intergroup Reg.#: 09
7 Higher Barn Road Hadfield
Glossop SK13 2ES England
North West U.K.
Phone#: +44 0787-615-2630 +44 (0)1457-853-723
<http://www.oagb.org.uk/>

England NSB

IG#: 09961 IG Name: OA Great Britain Reg.#: 09
483 Green Lanes
London N13 4BS England
England, Scotland, Wales
Phone#: 440-07000-784-985
<http://www.oagb.org.uk/>

Finland

IG#: 09441 IG Name: Finland's OA IG Reg.#: 09
Malmin OA Kirkonkylantie 2 Malmintoimintakeskus
SF00700 Helsinki Finland
All of Finland, Info # +358-2065-42460 (Finnish Speaking)
Phone#: +358-2065-42460 +358-41-535-0616
<http://www.oa finland.org>

France

IG#: 09572 IG Name: Paris Nord IG OA Reg.#: 09
c/o Vautherin 102 avenue Georges clemenceau Appart 172 - escalier B
92000. NANTERRE France
Paris, Chartres, Ermont & Orleans
Phone#: +33-6-72-53-10-38
<http://www.oainfos.org>

France NSB

IG#: 09969 IG Name: BSNOA France Outremangeurs Anonymes Reg.#: 09
clea Helene Fontaine La Ville Echet
22130 Pluduno France
Phone#: +33-6-89-25-93-81 +33-6-19-59-50-05
<http://www.oainfos.org>

Germany

IG#: 09583 IG Name: Berlin And Potsdam Reg.#: 09
C/o Lindemann Wiesbadener Str. 85
D-12161 Berlin Germany
Berlin And Potsdam, Visit The Berlin Website
Phone#: 49-307-8710823 49-302-3620382
<http://www.oa berlin.de>

Germany NSB

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IG#: 09963 IG Name: *DeutschsprachIGer Dienst Der OA (DDOA) Reg.#: 09
Heckenrosenweg 33/35 -returned mail-
47804 Krefeld Germany
Germany, Austria, Switzerland, Luxemburg
Phone#: +49(0)421-32-72-24 49-2151-77-19-09
<http://www.overeatersanonymous.de>

IG#: 09964 IG Name: *Region 9 Eng Language Service Board Reg.#: 09
% John -Returned Mail- Postfach 1510
79618 Rheinfeldern Germany
Region 9
Phone#: 011-49-561-316-0760 0041-76-569-3391

Greece NSB

IG#: 09974 IG Name: NSB OA Of Greece Reg.#: 09
Office 410 Zinonos 4
104 31 Athens Greece
<http://anonymoi.yperfagoi.weebly.com/>
Phone#: 6979024445
www.oagreece.org

Guatemala

IG#: 09551 IG Name: Guatemala-Vale La Pena IG Reg.#: 08
20 Calle 24-23 Zona 10-Casa 1
Guatemala 01010 Guatemala
All Of Guatemala
Phone#: 502-3337584 502-3635781

Iceland NSB

IG#: 09968 IG Name: Lansthjonusta Iceland NSB Reg.#: 09
PO Box 1783
Reykjavik IS-121 Iceland
All of Iceland
Phone#:
<http://www.ia.is>

Israel

IG#: 09521 IG Name: Southern Israel Darom IG Reg.#: 09
179 Haroeh St Po Box 7250
Ramat Gan 52172 Israel
All of Southern Israel
Phone#: 972-3-574-5799
<http://www.ia-israel.org>

IG#: 09523 IG Name: Central How Israel (How Merkaz) IG Reg.#: 09
179 Haroeh St Po Box 7250
Ramat Gan 52172 Israel
How Groups Through Out Israel
Phone#: 972-3-574-5799
<http://www.ia-israel.org>

IG#: 09524 IG Name: Northern Israel (Tzafon) Reg.#: 09
179 Haroh St Po Box 7250
Ramat Gan 52172 Israel
Northern Israel
Phone#: 972-3-574-5799
<http://www.ia-israel.org>

IG#: 09571 IG Name: Israel English Speaking IG Reg.#: 09
179 Haroh St Po Box 7250
Ramat Gan 52172 Israel
Englis Speaking Groups
Phone#: 972-3-574-5799
<http://www.ia-israel.org>

IG#: 09574 IG Name: Shfeila OA Israel Reg.#: 09
179 Haroh St Po Box 7250
Ramat Gan 52172 Israel
Shfeil Area
Phone#: 972-3-574-5799
<http://www.ia-israel.org>

IG#: 09602 IG Name: How Tzafon IG Reg.#: 09
179 Haroh St Po Box 7250
Ramat Gan 52172 Israel

Phone#: 972-3-574-5799
<http://www.ia-israel.org>

IG#: 09612 IG Name: Sharon & Mercaz Israel IG Reg.#: 09
179 Haroh St Po Box 7250
Ramat Gan 52172 Israel

Phone#: 972-9-951-5217
<http://www.ia-israel.org>

IG#: 09620 IG Name: HOW Dan Region Reg.#: 09
179 Haroeh St Po Box 7250
Ramat Gan 52172 Israel
Dan Region
Phone#: 972-3-574-5799
<http://www.ia-israel.org>

Israel NSB

IG#: 09960 IG Name: Israel NSB (Masha) Reg.#: 09
179 Haroh St Po Box 7250
Ramat Gan 52172 Israel
All of Israel
Phone#: 972-3-5745799 972-3-6762494
<http://www.ia-israel.org>

Italy

IG#: 09442 IG Name: Italian North IG Reg.#: 09
Via Stratico, 9
20148 Milano Italy
Italian Northern Region
Phone#: +3902-4078803 +39-06-4743772
<http://www.ia-italia.it>

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IG#: 09544 IG Name: Italia Sud OA IG Reg.#: 09
MANGIATORI COMPULSIVI Via Napoli 56
56 00185 ROMA Italy
South Italy
Phone#: +39-06-70-30-3394
<http://www.oa-italia.it>

IG#: 09545 IG Name: Italia Centro IG Reg.#: 09
c/o S Angelozzi Via Riva del Garda 13
Riccione RN 47838 Italy
Central Italy
Phone#: +39-339-2947468
<http://www.oa-italia.it>

IG#: 09578 IG Name: Intergruppo Sicilia Reg.#: 09
C/o M A Nasello Via Ausonia 150
Palermo 90145 Italy
Sicilia
Phone#: +39-091-305349 +39-3394044648
<http://www.oa-italia.it>

Italy NSB

IG#: 09965 IG Name: *Italian National Service Board Reg.#: 09
Via Simone Stratico, 9 -Returned Mail-
20148 Milano Italy
Italy
Phone#: +39-02-4078803 +39-335-5974507
<http://www.oa-italia.it>

Japan

IG#: 09376 IG Name: Japan International IG Reg.#: 10
c/o Agnieszka Miko 3-25-7 Nishihara Jinno House 201
Shibuya-ku Tokyo 151-0066 Japan
03-5605-9425 English, 03-5951-1648 Japanese,
Phone#: 03-5605-9425 ENG. 03-5951-1648 JPN.
<http://www.oaintokyo.org/>

Japan NSB

IG#: 09973 IG Name: Japan Language Service Board Reg.#: 10
C/o OA Jimukyoku Ueno Yubinkyoku-Dome 1-5-12 Smimoya
Taito-Ku Tokyo 110-8799 Japan
Japan
Phone#: +81-3-5605-9425
<http://oajapan.capoo.jp/>

Mexico

IG#: 09329 IG Name: Intergruppal Mexico Reg.#: 02
Ave Revolucion No. 172-3
Tacubaya, Cp DF 11870 Mexico
Mexico City And Other States
Phone#: 001-55-26144010 001-55-52732497 FAX
<http://www.comedorescompulsivosmx.org/>

IG#: 09501 IG Name: Veracruz Intergroup Reg.#: 02
Tuero Molina No. 26-5 Casi Flores Magon Col. Zaragoza 91910
Veracruz, Ver Mexico
Veracruz Oaxaca
Phone#: 01-229-9-32-59-61 01-229-1-65-61-87

Netherlands

IG#: 09401 IG Name: The Dutch IG Reg.#: 09
Postbus 61025
1005 Ha Amsterdam Netherlands
All Of The Netherlands
Phone#: +31(0)20-6274820
<http://www.anonieme-overeters.nl>

New Zealand

IG#: 09218 IG Name: Auckland IG Reg.#: 10
PO Box 90380 Victoria Street West
Auckland 1142 New Zealand
North Island Of New Zealand
Phone#: 09-376-3068

IG#: 09426 IG Name: OA Wellington IG Reg.#: 10
PO Box 5332 Lambton Quay
Wellington New Zealand
Wellington, Hutt And Kapiti
Phone#: 64(04)384-8821

IG#: 09433 IG Name: Canterbury IG Reg.#: 10
PO Box 2451
Christchurch New Zealand
All of Christchurch/canterbury Area
Phone#: 00-64-03-365-3812
<http://www.oaregion10.org/>

IG#: 09510 IG Name: Hamilton IG Reg.#: 10
PO Box 19-128
Hamilton Central 3244 New Zealand
Waikato And Bay Of Plenty Regions Of North Island
Phone#: 64-7-8391599

Northern Ireland

IG#: 09621 IG Name: Serenity Group Northern Ireland Reg.#: 09
B McAuley Edenvue Kelly's Road
Killean, Newry County Down BT358RY Northern Ireland
Northern Ireland
Phone#: 0044-28-302-51566 0044-28-417-38028

Norway

Overeaters Anonymous Service Body Directory

February 06, 2012

IG#: 09424 IG Name: Anonyme Overspisere Intergruppe Oslo Reg.#: 09
C/o Retretten, Kristian Augusts gate 10, 2nd Floor
0164 Oslo Norway
All of Norway
Phone#: +47-90155748
<http://www.anonymeoverspisere.no/>

IG#: 09538 IG Name: Cape Town IG Reg.#: 09
11 Oxford Street
Houtbay Cape Town 7806 South Africa
Cape Peninsula
Phone#: 21-021-790-0268 27-021-438-9758

Poland NSB

IG#: 09972 IG Name: NSB Of Poland Reg.#: 09
Stowarzyszenie AZ ul. Nowolipki 24/102
01-019 Warszawa Poland
Poland
Phone#: 0048502599415 0048228633780
<http://www.anonimowizarlocy.org/>

Republic Of Ireland

IG#: 09238 IG Name: Spirit Of Hope IG Reg.#: 09
PO Box 2529
Dublin 1 Republic Of Ireland
Republic And Northern Ireland
Phone#: 3531-278-8106
<http://www.oahope.com/>

IG#: 09561 IG Name: Cork IG Reg.#: 09
C/o 77 Curraheen Dr Bishopstown
Cork Republic Of Ireland
South of Ireland
Phone#: 086-3526467 021-4867907
<http://www.cork.oagroups.org/>

Scotland

IG#: 09377 IG Name: Caledonian IG Reg.#: 09
42 Crozier Crescent The Castings
Larbert FK5 4AR Scotland
Scotland
Phone#: 07894310086
<http://www.oagb.org.uk/>

Slovenia

IG#: 09555 IG Name: *OA Slovenska Skupnost Reg.#: 09
Pp 4382 -Returned mail-
1001 Ljubljana Slovenia
All Of Slovenia
Phone#: +386-31-798-654 +386-31-322567
<http://oa-slovenija.com/>

South Africa

IG#: 09317 IG Name: *Gauteng IG Reg.#: 09
PO Box 46206 Orange Grove-Returned Mail-
Johannesburg 2119 South Africa
South Africa Including Pretoria, Witwatersrand And Vereeniging
Phone#: +27-11-640-2901

Spain

IG#: 09552 IG Name: Valencia IG Reg.#: 09
C Camps Av Giorgeta 35-5
46007 Valencia Spain
Valencia
Phone#: 34-96-341-00-69
<http://www.comedorescompulsivosvalencia.com>

IG#: 09553 IG Name: Area Norte IG Reg.#: 09
C/ Fueros De Navarra N 2-7 B
Ansaoin-Pamplona (navarra) 31013 Spain
Bilbao, Navarre, Vizcaya, Pamplona And Oveido
Phone#: ++34689623925
<http://perso.wanadoo.es/oaespana/>

IG#: 09565 IG Name: *Intergrupo OA De Madrid Reg.#: 09
Apartado De Correos 50154 -Returned Mail-
28080 Madrid Spain
Madrid And Center of Spain
Phone#: +34-91-5099448 +34-696-98-32-78
<http://perso.wanadoo.es/oamadrid/>

IG#: 09582 IG Name: Barcelona IG Reg.#: 09
Casanovas 175
Barcelona 08036 Spain
Barcelona
Phone#: 34-619-857-915 93-7920010-ENGLISH
<http://www.comedorescompulsivos.es>

Spain NSB

IG#: 09967 IG Name: *Junta Nacional De Servicios De Espana Reg.#: 09
C/ Calle Sierra Gador, 50 Apartado Postal 38151-Returned mail-
28031 Madrid Spain
Spain
Phone#: +34-93-491-0924
<http://www.comedorescompulsivos.es>

Sweden

IG#: 09496 IG Name: OA IG Svealand (Central Sweden) Reg.#: 09
C/o L Eldrot Selmedalsvagen 64
12937 Hagersten Sweden
Middle Of Sweden
Phone#: 08-744-59-94 076-2227396
<http://www.oasverige.org/>

IG#: 09546 IG Name: IG Norrland (Northern Sweden) Reg.#: 09
C/o N Nilsson C/o E Elfving Storgatan 94
90333 Umea Sweden
Northern Sweden
Phone#: 070-554-8954 070-603 62 71
<http://www.oasverige.org/>

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Sweden NSB

IG#: 09970 IG Name: *Swedish Service Board Reg.#: 09
Volker C/o Stromberg Angkarrsgatan 10, 6tr -Returned Mail-
S-17170 Solna Stockholm Sweden
Sweden
Phone#: +46(0)23-10340
<http://www.oasverige.org/>

Switzerland

IG#: 09463 IG Name: IGE Suisse Romande Reg.#: 09
C/o A Salgarella 2 Quai Du Cheval-Blanc
1227 Carouge, Geneva Switzerland
Suisse Romande
Phone#:

IG#: 09540 IG Name: *Overeaters Anonymous IG Deutschweiz Reg.#: 09
Postfach 2731 -Retuned mail-
8021 Zurich Switzerland
(German Speaking IG)
Phone#:

Turkey

IG#: 09598 IG Name: *Turkey OA IG-Returned Mail- Reg.#: 09
Enver Ustay At Hotel Konak Cumhuriyet Cad, Nisbet Sok 9
Elmadag Istanbul 34437 Turkey
Phone#: +90-533-583-1880 +90-533-642-9756

Venezuela NSB

IG#: 09975 IG Name: Junta Nacional De Servicios De Venezuela Reg.#: 08
Calle 11 Entre Carreras 16 Y 17 #16-46, Ofic 4
Barrio Obrero, San Cristobal-Edo.Tachira Venezuela
Venezuela
Phone#: 0058-276-3560490 58-414-7126746
<http://www.ccavenezuela.com.ve/>

Virtual NSB

IG#: 09976 IG Name: 12 Step 4 Coes Reg.#: 01
C/o C Fields 22 Bellview Rd
Marysville PA 17053 Virtual
The Global Internet Community.
Phone#:
<http://oa12step4coes.org/welcome.html>

IG#: 09977 IG Name: OA VSB 3 Reg.#: 01
C/O D Morasco 541 Arsenal St.
Watertown NY 13601 Virtual
Phone#: 646-418-0285
<http://oavsb3.blogspot.com>

REGION OFFICE

IG#: 09901 IG Name: Region 1 Office Reg.#: 01
PO Box 23235
Tigard OR 97281
USA: AK, ID , MT, OR , WA, WY, Canada: AB, BC, NT, SK, YK
Phone#:
<http://www.oaregion1.org>

IG#: 09902 IG Name: Region 2 Office Reg.#: 02
4733 Torrance Blvd PMB 335
Torrance CA 90503
USA: CA, HI, Reno/tahoe Area Of NV, Mexico
Phone#:
<http://www.oar2.org>

IG#: 09903 IG Name: Region 3 Office Reg.#: 03
C/O 734 Beachcomber Lane
Houston TX 77062-4202
USA: AZ, CO, NV, NM, OK, TX, UT
Phone#:
<http://www.oaregion3.org>

IG#: 09904 IG Name: Region 4 Office Reg.#: 04
PO Box 1604
Fenton MO 63026
USA: IL, IA , KS, MN, MO, NE, ND, SD, Canada: MB, NV, NW ON
Phone#: 507-451-3521
<http://www.oaregion4.org>

IG#: 09905 IG Name: Region 5 Office Reg.#: 05
C/o Lewsaw 578 Road 11, RR #4
Woodslee ON N0R 1V0 Canada
USA: IL, IN,KY, MI, OH, WI, Canada: SW ON
Phone#:
<http://www.region5oa.org>

IG#: 09906 IG Name: Region 6 Office Reg.#: 06
T Hutchings 60 Serop Crescent
East Passage NS B3G 1P8 Canada
USA: CT, ME, MA, NH, NY, RI, VT, Bermuda, Canada: NB, NF, NS, ON, QC,
PEI,
Phone#: 902-405-0968
<http://www.oaregion6.org>

IG#: 09907 IG Name: Region 7 Office Reg.#: 07
3500 S DuPont Hwy
Dover DE 19901-6011
USA: DE, DC, MD, NJ, PA, VA, WV
Phone#:
<http://www.oaregion7.org>

IG#: 09908 IG Name: Region 8 Office Reg.#: 08
C/O 721 Glen Eagle Dr
Winter Springs FL 32708
USA: AL, AR, FL, GA, LA, MS, NC, PR, SC, TN, VI, and Central and South
America
Phone#:
<http://www.oaregion8.org>

IG#: 09909 IG Name: Region 9 Office Reg.#: 09
C/O P Kelly 18 Delany House Thames Street
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Phone#: +44 7540 136997
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Overeaters Anonymous Service Body Directory

February 06, 2012

IG#: 09910 IG Name: Region 10 Office Reg.#: 10

C/o McLaughlan 12 Clement Place

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