



Overeaters Anonymous Offers Support, Hope and Strength in Numbers

12- Step Program Helps to Provide Recovery from Compulsive Eating

For Immediate Release.

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(RIO RANCHO, N.M.) – Fear, loneliness, hopelessness, and embarrassment are some of the many feelings experienced by people suffering from compulsive eating. These feelings can be hard or almost impossible to overcome alone, but Overeaters Anonymous (OA), a 12-step program, helps members throughout the world deal with these issues.

Members of OA range from the morbidly obese to the anorexic. These individuals experience many different symptoms, and have various difficulties with food. But what they have in common is the admission that they were powerless over food and their lives had become unmanageable as a result.

OA members work together to recover from compulsive eating. Participants work through the 12-step program with a sponsor. Weekly meetings offer group support and welcome anyone who might be in need of help. OA also offers podcasts, a magazine, online and phone meetings, literature, and e-mail sponsors to keep members on track with their program.

OA members maintain anonymity, which enables the group to offer unconditional acceptance and support for all. The organization is completely self-supporting through member donations and literature sales, and does not charge membership fees or dues. Although OA offers many types of support, it is not a source for diet tips, counseling, hospitalization, treatment, research or training. OA's primary goal is to help members abstain from compulsive eating, and to carry the message of recovery to those who still suffer.

For more information or to be put in contact with an OA representative, please call Annemarie Ciepiela Henton at (505) 266-7220 or email her at media@oa.org.

About Overeaters Anonymous: Founded in 1960, Overeaters Anonymous held its first meeting in Los Angeles, California. Now 49 years later, OA is a worldwide Fellowship that has found a solution to the problems arising from overeating. There are more than 6,500 meeting groups in approximately 75 countries. It is not a religious organization and does not promote any particular diet. For more information, go to www.oa.org.

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