



## **NEW YEAR'S RESOLUTIONS ESPECIALLY DIFFICULT FOR INDIVIDUALS BATTLING FOOD ADDICTIONS**

*Overeaters Anonymous' 12-Step Program Offers Hope and a Community of Support*

### **For Immediate Release.**

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(RIO RANCHO, N.M.) - As the holiday season comes to a close, New Year's resolutions abound as we all vow to finally lose the weight, be more active and be a little happier. **For individuals battling compulsive eating, a New Year's resolution may mean vowing to overcome this powerful and often misunderstood addiction to food.**

There is help. For individuals struggling with various issues with food, Overeaters Anonymous (OA) can provide much-needed guidance and support. **OA offers a 12-step program that addresses emotional, physical and spiritual well-being as a path to recovery.** OA's members are given the tools to seek and find recovery from compulsive eating behaviors.

**\*\*When planning your 2010 New Year's editorials and articles about food addiction, eating disorders and health, please consider incorporating the OA program.\*\*** Staff and OA members from around the world are available to discuss their personal stories of recovery and can provide a national or local perspective, depending on your story needs. OA honors its members' anonymity within its organization and in the media. Health care professionals are also available upon request to offer insight on food addictions and to share their professional opinions on the OA program.

**For more information or to be put in contact with an OA representative, please call Annemarie Ciepiela Henton at (505) 260-3358 or email her at [media@oa.org](mailto: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](http://www.oa.org).*

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