



# **SoBay Overeater's Anonymous**

**Wednesdays 7:30-8:45PM at:**



**2017 E. 4<sup>th</sup> Street Long Beach, CA 90814**  
**562.434.4455      CenterLB.org**

- **Weekly 12 Step and 12 Traditions readings**
- **Newcomers welcome**
- **If you have a problem with food, you are welcome**
- **We are not a calorie or diet club**
- **No weigh-ins**
- **Learn and share with other people who have problems with food**
- **Together we will help you to make action and food plans**
- **OA Approved literature available at our meeting**
- **We are self supporting through our own donations**

**We follow the twelve steps and twelve traditions of Overeaters Anonymous**

**For more information:**

**OA.ORG**

**OAsouthbay.org**

**Other South Bay Meetings and a downloadable Newsletter**



***For more information on our Wednesday meeting contact Lenard at 714.642.6940***