

*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:

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call or text 215-385-3076



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