Newcomers are welcome to all OA meetings!

Is food a problem for you? Is your weight affecting the way you live your life? Overeaters Anonymous (OA) can help. OA welcomes everyone who wants to stop eating compulsively. Meetings provide a safe environment where members respect one another's anonymity. There are no dues or fees. The only requirement for membership is a desire to stop eating compulsively. You are welcome and encouraged to visit us soon.

For more information on the OA Groups on the Peninsula visit our website:

Overeaters Anonymous Peninsula Intergroup: Welcome

> OA Region One Website http://oaregion1.org

World Service Office Website http://www.oa.org

Phone List



Please note: Meeting times & places may change. Check our website for the most updated times and locations. Many meetings currently on Zoom

All compulsive overeaters are welcome at all meetings.

Overeaters Anonymous on the Kitsap & Olympic Peninsulas

Bainbridge Island

(Wednesday) 12:30 - 1:30 p.m. Go to <u>www.oapeninsula.org</u> for log-in Contact: Kellee breathe.and@gmail.com Group #51173 **5th Wed: Speaker Mtg**

(Saturday) 9:00 am Step Study Go to <u>www.oapeninsula.org</u> for meeting location/Zoom log-in Contact: Linda (206) 330-1203 Group #30245

Port Angeles

(Wednesday) 5:30 pm Literature Meeting Go to <u>www.oapeninsula.org</u> for meeting location/Zoom log-in Contact: Molly (360) 477-2492 Group #37815

Sequim

(Monday) 4:15 – 5:15 pm Friends of Bill W. Open Meeting Go to <u>www.oapeninsula.org</u> for meeting location/Zoom log-in Contact: Carol (231) 348-8700 Group #50654

Sequim (Con't)

(Tuesday) Noon Go to <u>www.oapeninsula.org</u> for meeting location/Zoom log-in Contact: Lisa (607) 351-7859 Group #49243

(Saturday) 10:00 – 11:00 am Literature Go to <u>www.oapeninsula.org</u> for meeting location/Zoom log-in Contact: Pat (360) 477-2180 Group #36929

Port Townsend Contact: Nyla (360) 808-6803

Port Hadlock

Contact: Dave (360) 385-1137

Port Orchard/Bremerton Contact: Toby (360) 981-3220

All updated local meeting information can be found at <u>www.oapeninsula.org</u>

For Zoom meetings Worldwide go to www.oa.org

Updated 8/15/21