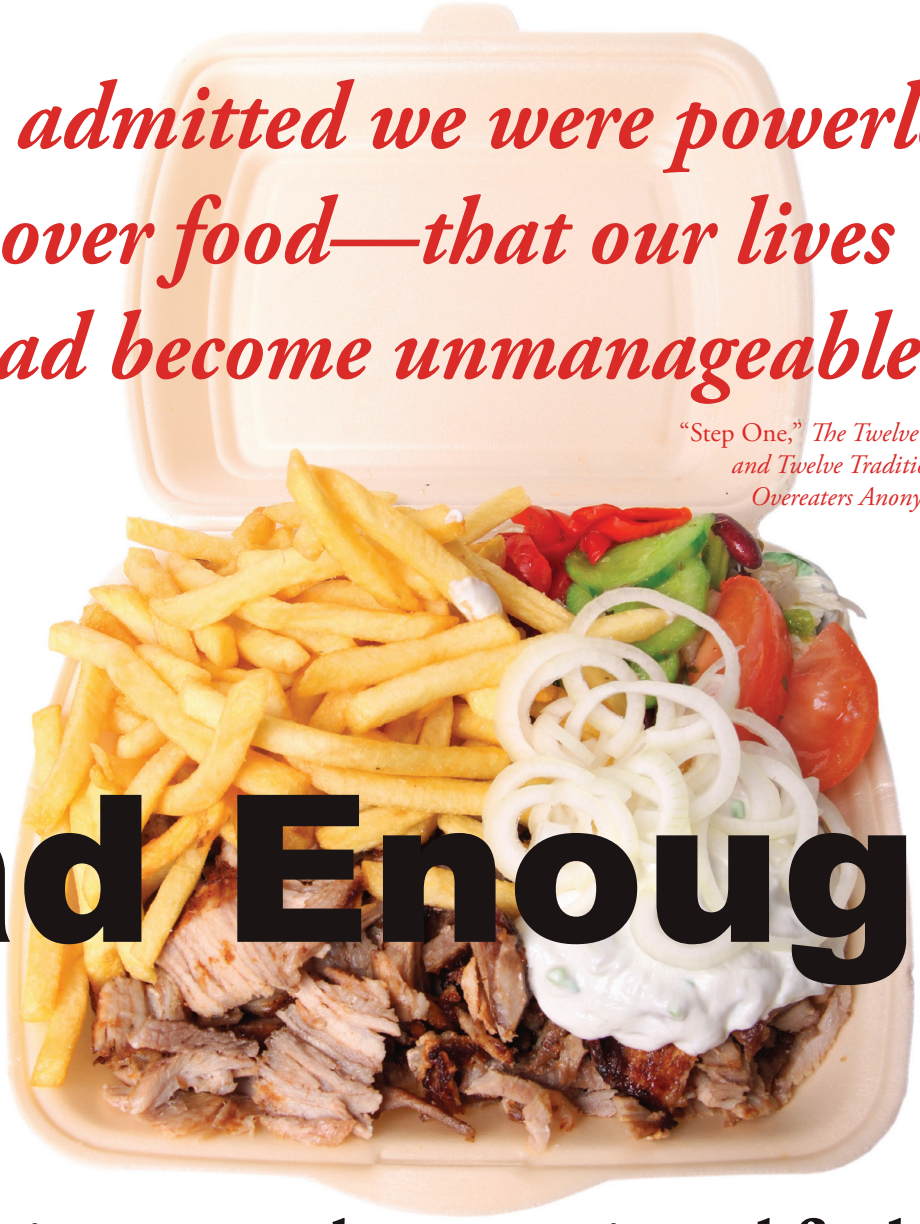
We admitted we were powerless over food—that our lives had become unmanageable.

"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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