


POSTER DISTRIBUTION PROGRAM

Does food control your life?



**DON'T WALK AWAY – There is a place for you!**

Do you overeat, binge, purge, or starve, even if you don't want to?  
 Do you constantly diet and still not lose weight?  
 Do you hate your body?  
 Do you eat and feel guilty?  
 Do you sneak or steal food?

VISIT [WWW.OAQUIZ.ORG](http://WWW.OAQUIZ.ORG) TO TAKE OUR QUIZ AND FIND OUT HOW WE CAN HELP  
 THERE ARE NO DUES OR FEES.

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For local meeting information:

Take the quiz! [www.oaquiz.org](http://www.oaquiz.org)

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Your OC has Posters with pull off tabs that can be installed in an appropriate high traffic location. Please note that the poster should not be installed in an area subject to vandalism or in conflict with other messages on the board or with the venue itself. The administrator of the facility should approve your installation of this poster. Please note that the poster as well as the pull of tabs should have local CJIOA information.

Posters can be distributed by an OC Rep. at the monthly IG meetings and at CJJ events e.g. Unity & Idea Days- For further details: Please see the IG rep at your local meeting, attend the Monthly IG meeting at Old Bridge Hospital or attend CJJ Idea or Unity day functions.