

## **Presentation to Residents on 9/2/2025**

Our CJI Outreach committee made a 2 hour presentation to 1<sup>st</sup> and 2<sup>nd</sup> year residents at RWJ Medical School.

Prior to the presentation I emailed the following documents that were sent to each resident so that they would have a general idea of what the program was about prior to our presentation. They were:

1. Our invitation to you
2. Membership survey
3. Many Symptoms
4. New Zealand Medical Journal
5. Courier 2023 Contacts business cards
6. Contact information for myself and both CJI and WS.

I acted as MC and was accompanied by 4 very well seasoned OA Members who travelled distances and even took time off from their jobs to spread the word of the OA program to our Medical Professionals.

There were 18 residents in attendance. I started the presentation with a general introduction. We then viewed the "U Tube video" titled "Welcome to Overeaters Anonymous"; after which, each of our 4 OA members shared their stories for about 10 minutes. We had a 7 minute Q and A after each speaker.

At the end of the presentations by our members I also shared a 4 minute story about my recovery.

We then had a general Q and A session which lasted about 10 minutes.

At the end of the event we discussed the six handouts that was sent to them by email and gave out some pens "swag" with the OA contact on them and the pamphlet "When should I refer someone to Overeaters Anonymous".

The Residents were very impressed with the program as was exhibited by the questions and comments they shared. The Director of the program also made a point to make sure that we are able to make a similar presentation next year about the same time.

I consider this to be a great success for our outreach program. Considering how limited funds our funds are, we are getting to the right people for the least possible cost.

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CJI Outreach Committee

9/3/2025