



OVEREATERS  
ANONYMOUS®  
CENTRAL FLORIDA INTERGROUP

# PIPO

Public Information Professional Outreach

IF YOU'REA PERSON  
INTERESTED IN  
OUTREACH &  
HELPING SPREAD THE  
MESSAGE TO THE  
COMMUNITY, PLEASE  
COME TO THE PIPO  
MEETING AFTER  
INTERGROUP  
MEETING  
2<sup>ND</sup> SATURDAY OF THE  
MONTH.

THINGS WE HAVE  
DONE

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BILLBOARDS  
BUS WRAP  
RADIO ADS  
PAID ADS ON  
FACEBOOK  
HEALTH EVENTS  
PROFESSIONAL  
EVENTS

## Many Symptoms, One Solution

In OA, you'll find members who are:

- **Extremely overweight, even morbidly obese**
- **Moderately overweight**
- **Average weight**
- **Underweight**

Symptoms are as varied as our membership:

- **Obsession with body weight, size and shape**
- **Eating binges or grazing**
- **Inability to stop eating**
- **Preoccupation with diets**
- **Starving**
- **Excessive exercise**
- **Inducing vomiting after eating**
- **Excessive use of diuretics and laxatives**
- **Fantasies about food**
- **Constant preoccupation with food**
- **Using food as a reward or for comfort**

**The only requirement for OA  
membership is a desire to stop  
eating compulsively.**

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