



**OVEREATERS
ANONYMOUS®**
CENTRAL FLORIDA INTERGROUP

PIPO

Public Information Professional Outreach

IF YOU'RE A PERSON
INTERESTED IN
OUTREACH &
HELPING SPREAD THE
MESSAGE TO THE
COMMUNITY, PLEASE
COME TO THE PIPO
MEETING AFTER
INTERGROUP
MEETING
2ND SATURDAY OF THE
MONTH.

THINGS WE HAVE
DONE

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.

© Overeaters Anonymous, Inc.