

Does your weight affect how you live?

- Do you eat when you're not hungry?
- Do you constantly diet but can't keep the weight off?
- Do you overeat, binge, starve or purge?
- Do you feel guilt, shame or embarrassment about your weight or the way you eat?

THERE IS A SOLUTION.

Come and learn more at a

Public Information Meeting

Sunday, Sept. 16, 8:30 am - 9:45 am
Stoneham Senior Center
136 Elm Street, Stoneham

ALL ARE WELCOME!

*For more information or a list of OA meetings:
Mass. Bay Intergroup, Overeaters Anonymous
781-641-2303, info@oambi.org
www.oambi.org*

