

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) [SIGN-UP NOW!](#) Click to become a Member for Free!



### Sound Bites from Overeaters Anonymous Archives Available

December 26th 2012: "Hi, my name is..." What to expect at an OA meeting

A critical tool of the OA program, meetings are where you find others who have suffered with food and weight obsession as you have, and have found a path to recovery for the long term. There you will experience acceptance, compassion, hope, and lifelong support as you work your way through the Twelve Steps of OA, so you never have to feel alone and isolated in your disease again. In this show we will talk about what happens at an OA meeting and how the fellowship there is crucial to maintaining your recovery and abstinence from compulsive eating.

[SHARE](#) [DOWNLOAD PDF](#) [GET CODE](#)

### Tune in

Archives Available on VoiceAmerica Health and Wellness Channel

[EPISODE ON DEMAND](#)  
[VIEW HOST PAGE](#)

### Share This Episode

[Share On Facebook](#) [Share On Twitter](#) [Share On LinkedIn](#)

### Connect with VoiceAmerica

Download our mobile apps

[Available on the App Store](#) [Get it on Google play](#) [Download for Kindle](#) [f](#) [t](#) [in](#) [RSS](#)

