

Overeaters Anonymous Meeting Definitions

According to the Traditions, bylaws, and policies, the only requirement for OA membership is the desire to stop eating compulsively.

Open Meeting

Open to OA members and non-OA visitors. All meetings are considered open unless otherwise indicated.

Closed Meeting

Restricted to those who desire to stop eating compulsively. This includes newcomers. (OA members and others who think they have a problem with food.)

Special Focus

Composed of individuals who feel they can more readily identify with fellow OAers with similar attributes.

Special Topic

Meetings which have chosen a specific topic or format.