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.