

Do you...

**Eat without
being able to
stop?**

**Restrict food
and/or use
laxatives?**

**Eat until sick or
throw up?**



**Feel guilt or
shame over
your weight?**

**Hide food
and/or eat in
secret?**

**Over-exercise to
offset overeating?**

**No matter what your problem
with food —
compulsive overeating,
under-eating, food addiction,
anorexia, bulimia, binge eating, or
over-exercising —
we have a solution.**



www.oabakersfield.com

www.oa.org

**LOOKING FOR
HELP?**

ATTEND A MEETING

Sunday 4:00 PM

St. Paul's Episcopal Church
2216 17th Street, Bakersfield

Wednesday 12:00 PM

1005 Pebble Beach Dr.
Bakersfield (nearest cross
street – Sundale Ave.)

Thursday 4:30 PM

St. Paul's Episcopal Church
2216 17th Street, Bakersfield

Friday 12:00 PM

St. Paul's Episcopal Church
2216 17th Street, Bakersfield

Saturday 11:00 AM

St. Philip the Apostle Church
7100 Stockdale Hwy
OLG Room, Bakersfield

*Newcomers are
welcome at any meeting*

HAVE QUESTIONS?

Call (661) 588-4811

