

FROM:
Overeaters Anonymous
Friends Meeting House
25 Clarendon Street
Nottingham
NG1 5JD

CONTACT:
OA contact first name
Tel number
Email

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Hope Given To Compulsive Eaters As New Year's Resolutions Begin To Fade

Just as New Year's resolutions are fading, Overeaters Anonymous (OA) offers support to those who battle with weight and eating issues.

Compulsive overeating, binge-eating and other food issues are often triggered by emotions rather than hunger. The consequences of emotional eating run deeper than weight management. They impact relationships, social life, self-esteem and overall health. Recovery requires more than willpower.

Overeaters Anonymous (OA) offers a program of recovery from issues with food. Built on a Twelve Step program patterned after Alcoholics Anonymous, OA offers support, understanding and encouragement through meetings and other tools while respecting each other's anonymity. There are no fees or dues – OA is supported by voluntary member contributions.

“For many members, OA is an excellent supplement to the professional healthcare services they receive,” said Naomi Lippel, Managing Director for Overeaters Anonymous. **“OA offers an ongoing support system and a program that has proven effective for thousands who have suffered from compulsive eating.”**

A new **weekly meeting** of Overeaters Anonymous will begin on **Tuesday 13th January** from **8pm – 9pm** at the **Wellbeing Centre, Weleda, Heanor Road, Ilkeston, Derbyshire, DE7 8DR**. All are welcome, including those who think they may be compulsive overeaters and those who are concerned about a friend or relative. For more information, go to www.oagb.org.uk

About Overeaters Anonymous: OA is a non-profit organisation with the goal of supporting its members as they seek recovery from compulsive eating behaviours. More than fifty years since its founding, today OA serves approximately 54,000 members in over 75 countries.

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Note to editor:

****When planning your ongoing editorials and articles about food, addiction, health and exercise, please consider incorporating the OA program.**** OA members are available to discuss their personal stories of recovery and can provide a national or local perspective, depending on your story needs. Individual stories of recovery are available via www.oagb.org.uk/what-to-expect-at-a-oa-meeting/members-stories/ For further information please contact (OA member name & number).