

## UK/Region 9 based virtual OA meetings 24 May 2018

### Region 9 WhatsApp meetings

Day	Start Time	Virtual Medium	Direct link	Open/Closed *
Mondays for 24 hours	7:00 PM UK time	WhatsApp for Smartphones	<a href="https://www.oa.org/find-a-meeting/?meeting_id=35794">https://www.oa.org/find-a-meeting/?meeting_id=35794</a>	Closed
Tuesdays for 24 hours	7:30 PM UK time	WhatsApp for Smartphones	<a href="https://www.oa.org/find-a-meeting/?meeting_id=37318">https://www.oa.org/find-a-meeting/?meeting_id=37318</a>	Closed
Wednesdays for 24 hours	4:30 PM UK time	WhatsApp for Smartphones	<a href="https://www.oa.org/find-a-meeting/?meeting_id=35800">https://www.oa.org/find-a-meeting/?meeting_id=35800</a>	Closed
Fridays for 24 hours	7:30 PM UK time	WhatsApp for Smartphones	<a href="https://www.oa.org/find-a-meeting/?meeting_id=35793">https://www.oa.org/find-a-meeting/?meeting_id=35793</a>	Closed

**WhatsApp meeting Notes:** The only requirement to join is a desire to stop eating compulsively.

For each meeting, there will be a leader who will post the topic and meeting guidelines BEFORE the start of the meeting, and will begin sharing at the designated start time. Members will be able to share either by voice or text immediately after the leader's share.

To join this group/meeting, you should already have Whatsapp installed on your phone.

**Please do not comment upon entering the room – wait until the meeting begins.**

### UK Skype meeting

Day	Start Time	Virtual Medium	Direct Link	
Friday	6:30 AM	Skype	<a href="https://oa.org/find-a-meeting/?meeting_id=34091">https://oa.org/find-a-meeting/?meeting_id=34091</a>	Closed
Sunday	7:00 PM	Skype	<a href="https://www.oa.org/find-a-meeting/?meeting_id=35088">https://www.oa.org/find-a-meeting/?meeting_id=35088</a>	Closed

\* Closed meetings are only for those who consider themselves to have a problem with food.

Open meetings also welcome those who have an interest in finding out more about OA, eg. family members, friends, healthcare professionals.