

ANTIOCH RECOVERY CLUB ANNOUNCES:



OVEREATERS ANONYMOUS MEETINGS!!!



MONDAYS AT 10:30 A.M. (CLOSED)

1st week of the month is from the OA 12&12 book; 2nd week is from the AA Big Book; 3rd week is from AA's 12&12 book; 4th week is that month's Step from For Today; and, the 5th week is a Tradition.

WEDNESDAYS AT 6:00 P.M. (OPEN)

This is a Beginner's meeting, covering Steps 1, 2 and 3.

Come check us out...



*Antioch Recovery Club
311 Depot Street
Antioch, IL
847-838-1882*

About OA

OA Program of Recovery

Overeaters Anonymous offers a program of recovery from compulsive overeating using the Twelve Steps and Twelve Traditions of OA. Worldwide meetings and other tools provide a fellowship of experience, strength and hope where members respect one another's anonymity. OA charges no dues or fees; it is self-supporting through member contributions.

Unlike other organizations, OA is not just about weight loss, obesity or diets; it addresses physical, emotional and spiritual well-being. It is not a religious organization and does not promote any particular diet. To address weight loss, OA encourages members to develop a food plan with a health care professional and a sponsor. If you want to stop your compulsive eating, welcome to Overeaters Anonymous.