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Learn more about us—on Lifeline.


Will OA work for you? Check out our personal stories—we’ve shared them on Lifeline. We offer hope and a solution to diverse problems with food.

[Go to Lifeline](#)

What’s happening at OA?

Get the latest news from the World Service Office for literature releases and updates.

Event Calendar

Find OA retreats and workshops—local and online—to learn, connect, and even have some fun. 

About us

Overeaters Anonymous (OA) is a community of people who support each other in order to recover from compulsive eating and food behaviors. We welcome everyone who feels they have a problem with food.

[Get to know more about us](#)

Get in touch

6075 Zenith Court NE
PO Box 44727
Rio Rancho, NM 87174-4727
USA

Tel 505-891-2664
[Contact us](#)

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