

Is your eating overwhelming you?



You just ate a staggering amount of food. And now you carry around an overpowering feeling of guilt.

You thought you could make it this time, and you failed again. But you don't have to carry this burden alone.

Were here, and we understand, because we share the same disease.

Overeaters Anonymous

www.oawmass.org

(413) 783-4198

No Dues ~ No Fees ~ No Weigh-ins ~ No Diets

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