

New website is your key to OA information and resources

Ocean and Bay Intergroup of Overeaters Anonymous (OA) offers a program of recovery from compulsive eating—which includes obesity, anorexia and bulimia—using the Twelve Steps and Twelve Traditions of OA. Meetings throughout Rhode Island and Southeastern Massachusetts as well as 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, gain or maintenance; or obesity or diets. It addresses physical, emotional and spiritual well-being. It is not a religious organization and does not promote any particular diet. If you want to stop your compulsive eating, welcome to Overeaters Anonymous.



Help is only a click away.

oceanandbay.org