

OVEREATERS ANONYMOUS

Virtual Region Convention

THERE IS A SOLUTION

GROUNDING IN RECOVERY

February 20-22, 2026



Thousands around the world have found freedom from food and body obsession –including binge eating, sugar addiction, compulsive overeating, anorexia, bulimia, and compulsive food behaviors – through the fellowship of Overeaters Anonymous.

Members share their strength, hope, and experience in recovery.

Newcomer meetings each day.

Newcomers admitted free through our **Virtual Newcomer Center**

Free entry into our convention featuring
over 50 sessions over three days.

To find a local meeting near you:



Go to oa.org

We have meetings 24 hours a day,
7 days a week -Virtually and In person

Join us free through our **convention's Virtual Newcomer Center** at
<https://oavirtual.org/>

