

## O-Anon

O-Anon, a fellowship for families and friends of people with all the eating disorders: bulimia, compulsive overeating and anorexia. At meetings we share our experience, strength and hope with each other as we deal with our feelings such as the despair we feel as we watch our loved ones self-destruct. Because we care, food addiction becomes a family disease.

At this time, we have no 'land' meetings. However, we welcome you to our conference call phone meetings every **Sunday at 7 p.m. Eastern** time. To join us call **712-432-0900**. After the prompts, enter the **access code 637445** followed by the # sign. The format is very similar to any other 12 step meeting you may have attended. If you have never attended one before, when you say your first name you can also say this is your first 12 step meeting and we will be happy to help.

We have literature, too. We can send it to you by snail mail if you wish. Just provide us with your mailing address. If you can, please help us with a donation for the cost of printing and postage.

I am looking forward to talking with you on a Sunday evening in the near future.

Volney from California