Dear \_\_\_\_\_\_\_\_ :

Based on our recent discussion, I know you are looking for additional resources to address your nutritional issues. Overeaters Anonymous  is a 12 Step program patterned after that of Alcoholics Anonymous (AA), yet focused on compulsive eating and compulsive food behaviors.

Only you can determine if this group would be of benefit to you. As your nutritionist, I know that your desire to practice healthy eating plays an important part in your overall physical health.  OA has proved to be a workable solution for thousands.

Useful links:

* [For a free “Where Do I Start?” Guide](https://oa.org/what-to-expect/where-do-i-start/)
* [15 Question Self-Assessment Quiz to see if food is an issue](https://oa.org/quiz/)
* [For meeting times in person and on Zoom](https://oa.org/find-a-meeting)
* For an Intro to OA meetings
* For a form to request a phone call from a member.
* [Podcasts](https://oa.org/podcasts/)

At your request, I can arrange for you to meet one of my clients  who has experience with OA, so you can ask questions and get more information.

Sincerely,