

Region One

U.S.: Alaska, Idaho, Montana, Oregon, Washington, Wyoming
Canadian Provinces: Alberta, British Columbia, Northwest Territories, Saskatchewan, Yukon

Region Two

U.S.: California, Hawaii, Reno/Tahoe area of Nevada
Mexico

Region Three

U.S.: Arizona, Colorado, Nevada, New Mexico, Oklahoma, Texas, Utah

Region Four

U.S.: Illinois, Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota, South Dakota
Canadian Provinces: Manitoba, Nunavut, Northwest Ontario

Region Five

U.S.: Greater Chicago Illinois area, Indiana, Kentucky, Michigan, Ohio, Wisconsin
Canadian Provinces: Southwest Ontario

Region Six

U.S.: Connecticut, Maine, Massachusetts, New Hampshire, New York, Rhode Island, Vermont
Canadian Provinces: New Brunswick, Newfoundland, Nova Scotia, Ontario, Prince Edward Island, Quebec

Region Seven

U.S.: Delaware, District of Columbia, Maryland, New Jersey, Pennsylvania, Virginia, West Virginia

Region Eight

U.S.: Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, North Carolina, South Carolina, Tennessee
Bermuda, Central and South America, Puerto Rico, Virgin Islands

Region Nine

Africa, Western Asia, Europe, Middle East

Region Ten

Southeast Asia, Australia, the Far East, New Zealand, the Western Pacific Basin

Regions of Overeaters Anonymous

