[Date]

Dear :

I am writing this letter as a member of Overeaters Anonymous (OA). I have been a member of OA for [time in program], and consider myself to be in recovery thanks to this program.

In your capacity as a healthcare provider, you have probably had contact with compulsive eaters, and I would like to familiarize you with the OA program. We have meetings in this area, and perhaps our group can be of some assistance to your clients.

Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating, anorexia and bulimia. We welcome everyone who wants to stop eating compulsively. OA is a nonprofit organization patterned after Alcoholics Anonymous that offers a three-fold— physical, emotional and spiritual— recovery from the disease of compulsive overeating. To most of us, food has acted not as a nutrient, but a comforter, a weapon, an enemy or perhaps an equalizer.

The OA program is an anonymous fellowship open to any person with an eating disorder, weight problem or abnormal relationship with food; there are no dues, fees or weigh-ins. There are no requirements for membership. We are *not* professionals. We are not affiliated with any other organizations, nor are we in competition with any professional services or weight loss programs. Our purpose is to abstain from compulsive eating and to carry the OA message of recovery to those who still suffer.

[Enclosed is an OA local meeting directory.] [There will be an open public information meeting at {location} at {Time & Date}] [For your information, I have also included a pamphlet explaining the OA program in more detail.] If you would like more information about OA, please contact me at [phone number of local contact person]. It is my hope that you will consider recommending Overeaters Anonymous to patients who might benefit.

Additional information may be found at the website below, or our local groups may provide more literature at your request. Thank you for your consideration of this matter.

Sincerely,