

**WHEN PLANNING YOUR TECHNOLOGY, PODCAST, OR HEALTH-RELATED STORIES CONSIDER INTERVIEWING
OVEREATERS ANONYMOUS
12-Step Program Reaches Out to Audience with Help and Support Made Available with New Overeaters Anonymous Podcast Series**

For Immediate Release

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Rio Rancho, N.M. – Many people struggle with compulsive eating and other eating issues and are looking for a way to recover. But, too often, they don't know where to start. Overeaters Anonymous (OA) has now provided a new way to learn more about its Twelve-Step path to recovery.

Through a recently launched series of podcasts, those wanting more information on OA's program can now download information and personal, compelling stories of recovery from any computer.

The podcast provides information that can be taken anywhere and listened to at anytime. OA members, sponsors and anyone interested in hearing more about OA can access these podcasts online on iTunes or at the OA website www.oa.org.

On the first podcast, OA Managing Director Naomi Lippel and OA member/trustee Dodie H. offer insight into OA's history and how the program works. The monthly podcasts to follow will feature stories and experiences from a range of OA members. These podcasts further OA's new public awareness initiative, which seeks to provide a variety of ways for the public to learn more about OA.

To speak with an OA representative, call Alexis Kerschner at 505-266-7220 or e-mail her at media@oa.org. More information about OA can be found at www.oa.org.

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About Overeaters Anonymous: Founded in 1960, Overeaters Anonymous held its first meeting in Los Angeles, California. Now 48 years later, OA is a worldwide Fellowship that has found a solution to the problems arising from overeating. There are more than 6,500 meeting groups in approximately 75 countries. It is not a religious organization and does not promote any particular diet. For more information, go to www.oa.org.