

# Virtual Region of Overeaters Anonymous

**NEW**

**Virtual  
Meetings**

<https://oavirtualregion.org>

*going to Virtual Lengths for my recovery*

If you want to learn what virtual meetings are available and how to attend...join us.

1. Introduction to phone meetings and marathons  
-where to find meetings, how to access them
2. What's App, Face Book, online text chat meetings
3. Men OA, non-real time meetings
4. How to join ZOOM, Skype, etc.

**Saturday, MARCH 21**, at 3:30 -5 pm EDT

or

**Sunday, MARCH 22**, at 12:30 - 2 pm EDT

Remember - Together we can do what we can never do alone.

## I N S T R U C T I O N S

ZOOM login: <https://zoom.us/j/557696207>

One tap mobile: **+17207072699 557696207#**

**US -or- +16465588656 557696207# US (NY)**

PHONE: **+1 720 707 2699 US -or- +1 646 558 8656 US (NY)**

Phone Meeting ID: **557 696 207**