



OVEREATERS ANONYMOUS

REGION 5 CHAIR

Wow! Summer is flying by. One day it's hot the next is cold, I guess that's why we do this one day at a time.

I will be ending my term at the November assembly, and I can't tell you how much I've learned in the past 4 years. I have learned how to connect with the other chairs (RCC), the board of trustees and the staff at the office. The region chairs work together to help our regions to grow. My first year was hard because I was intimidated by the other chairs, but we are now a "well oiled machine" working together. We are currently working on growing OA as a whole. Remember that the only requirement is the "desire" to stop eating compulsively.

I went to WSBC and represented Region 5 to the best of my ability. I got covid and got really sick. Thanks to my peeps covering for me, I was able to rest. I am going to Albuquerque at the end of August to work with the BOT and the others Chairs on our goals and strategic planning to restructure all the regions.

Remember that we are accepting applications for Treasurer and Chair, don't be afraid to apply.

I look forward to seeing and hearing from you all,

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