

# LET'S TALK ABOUT YOUNG ADULTS IN OA!

Ever wondered 'Why aren't there more young adults in OA?'  
Or perhaps your meeting struggles to retain younger members?

The OA World Service Office **Young Adults Committee** is hosting a special online workshop to explore this topic to hopefully find some clarity and answers from those who may hold the key:  
**Young Adults in OA!**

**21st March 2026**

7-9am PT, 10am-12pm ET (USA),  
2-4pm GMT

**28th March 2026**

4-6pm PT, 7-9pm ET (USA),  
11pm-1am GMT

**NOTE:** The same workshop will be held over two consecutive weekends to reach as many Regions as possible! For any questions please contact Kerry at [gdi.cor.sec@gmail.com](mailto:gdi.cor.sec@gmail.com)

"A Young Adult in Overeaters Anonymous is anyone aged 18-30, whether they joined then or are currently that age"



**Join us for an online workshop:**

Hear from some young adults in OA

A Q&A to ask young adults your questions

Hear about the Young Adult Toolkit - a new resource to aid you and young adults in OA

Time for sharing & reflecting

**Zoom details:** Meeting ID: 836 8610 0493 | Passcode: 060208

**[JOIN WORKSHOP HERE](#)**