

# OA-AB Focus Meetings\* (updated 1.7.21)

\*All of these Meetings are Anorexic Bulimic Focus

Zoom

Please download Zoom at [zoom.us](https://zoom.us)

## MONDAY

### 1. [AB Focus Progress Not Perfection](#)

TIME:

- 7.30AM Pacific Time
- 8.30AM Mountain time
- 10.30AM Eastern Time

Join Zoom Meeting:

<https://us02web.zoom.us/j/82085852017?pwd=SG1EaVV4dE8wRElyQXZuS2lrUUw5QT09>

Zoom ID: 820 8585 2017

Password: 874921

Dial In for SoCal Locals: +1 669-900-6833

### 2. [Greater Pittsburgh Anorexic Bulimic Phone-Only Meeting](#)

TIME:

- 10.30AM Pacific Time
- 11.30AM Mountain Time
- 1.30PM Eastern Time

Dial: 425-436-6351

Code: 709908#

Contact: Pat M 412-537-9691

### 3. [San Francisco Anorexics Speaker and Literature](#) AB and Orthorexics

TIME:

- 7:00PM Pacific Time

- 8:00PM Mountain Time
- 10:00PM Eastern Time

Dial: +1 301-715-8592

Join Zoom Meeting: <https://zoom.us/j/97924536450>

Zoom ID: 979-2453-6450

Password: joinus

## TUESDAY

### 1. [Body Image, Relationships, and Sexuality Book Meeting](#)

TIME:

- 4:00AM Pacific Time
- 5:00AM Mountain Time
- 7:00AM Eastern Time

Join Zoom Meeting: <https://us04web.zoom.us/j/234613613884>

Meeting ID: 234-613-884

Password: 535356

### 2. Footsteps [Anorexic/Bulimic Big Book Focus](#)

TIME:

- 2PM Pacific Time
- 3PM Mountain Time
- 5PM Eastern Time

Join Zoom Meeting: <https://zoom.us/j/293355222>

Meeting ID: 293-355-222

### 4. [ABC Focus \(Anorexic/Bulimic Emphasis\)](#)

TIME:

- 7.30AM Pacific Time
- 8.30AM Mountain Time
- 10.30AM Eastern Time

Join Zoom Meeting:

Meeting ID: 820 3286 3999

Password: ABCTUESDAY

## 5. Anorexic, Bulimic, Compulsive Exerciser

TIME:

- 7.15PM Pacific Time
- 8.15 PM Mountain Time
- 10.15PM Eastern Time

Join Zoom Meeting: [zoom.us/j/652043579](https://zoom.us/j/652043579)

Meeting ID: 652-043-579

Password: 051015

## 6. Los Angeles Women in Recovery Anorexic/Bulimic Focus

TIME:

- 8PM Pacific Time
- 7PM Mountain Time
- 11PM Eastern Time

Join Zoom Meeting:

<https://zoom.us/j/624746098?pwd=L3BBK1YxU0piM1Mxd3VSNU8xeWV2dz09>

Meeting ID: 624-746-098

Password: 574275

## 7. OA Footsteps Body Image

TIME:

- 6PM Pacific Time
- 7PM Mountain Time
- 9PM Eastern Time

Join Zoom Meeting: <https://zoom.us/j/293355222>

Meeting ID: 293-355-222

## 8. Body Image, Relationships, and Sexuality

TIME:

- 7:00PM Pacific Time
- 8:00pm Mountain Time
- 10:00PM Eastern Time

Join Zoom Meeting:

<https://us02web.zoom.us/j/83592340469?pwd=cU5LMW1JMnRJcUxEeXZTWwGweWthUT09>

Meeting ID: 835-9234-0469

Password: 258115

## 9. [OA Southbay Anorexia & Bulimia focus Literature](#)

TIME:

- 6:00-7:15PM Pacific Time
- 7:00-8:15PM Mountain Time
- 9:00-10:15PM Eastern Time

Join Zoom Meeting

Meeting ID: 812 7815 4382

Password: Southbay

Dial: +1 669-900-6833

Dial-in Passcode: 33444255

## WEDNESDAY

### 1. [Anorexic/Bulimic Focus](#)

TIME:

- 3:30PM Pacific Time
- 4:30PM Mountain Time
- 6:30PM Eastern Time

Join Zoom Meeting:

<https://us02web.zoom.us/j/244088921?pwd=NjRXNXo2bkJYSDV2OVpTTG9pSGFsdz09>

Meeting ID: 244-088-921

Password: 6465737150

### 2. [Anorexic, Bulimic, Compulsive Exerciser](#)

TIME:

- 6.30PM Pacific Time
- 7.30PM Mountain Time
- 9.30PM Eastern Time

Join Zoom Meeting:

<https://us02web.zoom.us/j/82135205599?pwd=T2xnaS82RmZVNGNEUEk0Ky9HK0pEZz09&status=sucess>

Meeting ID: 821 3520 5599

Password: 069275

### 3. [Women's Body Image and Relationships](#)

TIME:

- 12:00PM Pacific Time

- 1:00PM Mountain Time
- 3:00PM Eastern Time

Join Zoom Meeting: <https://zoom.us/j/293355222>  
Meeting ID: 293-355-222

## THURSDAY

### 1. [OA Anorexia, Bulimia and Compulsive Exercising \(Australia\)](#)

TIME:

- 2:30AM Pacific Time
- 3:30AM Mountain Time
- 5:30AM Eastern Time

Join Zoom Meeting: <https://us02web.zoom.us/j/81126087160>  
Meeting ID: 811 2608 7160  
Password: 982986

Dial in: +61 2 8015 6011

### 2. [Westside Anorexics and Bulimics](#)

TIME:

- 7.30AM Pacific Time
- 8.30AM Mountain Time
- 10.30AM Eastern Time

Join Zoom Meeting: <https://zoom.us/j/93623609968?pwd=VVZUWjJTL1B6QzVHbll4UXA4Sy9mZz09>  
Meeting ID: 936 2360 9968  
Password: 626882

### 3. [OA San Diego AB Meeting](#)

TIME:

- 5.30PM Pacific Time
- 6.30PM Mountain Time
- 8.30PM Eastern Time

Join Zoom Meeting:  
Meeting ID: 569-805-1145  
Password: 188464

Dial In from phone: 1-669-900-9128

#### 4. ABA4 Today [OA12step4coes.org](http://OA12step4coes.org) AB meeting

**TIME:**

- 3PM Pacific Time
- 4PM Mountain Time
- 6PM Eastern Time

**Join Zoom Meeting:**

<https://zoom.us/j/95771199776?pwd=YU9CRjZNV01ia2JGRWRsc2dkRUo3QT09>

Meeting ID: 957 7119 9776

Password: 428122

**Dial In from phone by your location:**

+1 646 558 8656 US (New York)

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 301 715 8592 US (Washington D.C)

+1 312 626 6799 US (Chicago)

+1 346 248 7799 US (Houston)

#### 5. Pittsburgh-Oakland Anorexic/Bulimic/Compulsive Exerciser

**TIME:**

- 4PM Pacific Time
- 5PM Mountain Time
- 7PM Eastern Time

**Join Zoom Meeting**

Meeting ID: 353-445-573

#### 6. AB Focus “Many Symptoms, One Solution” Phone Meeting

**TIME:**

- 5PM Pacific Time
- 6PM Mountain Time
- 8PM Eastern Time

**Join this Phone Meeting:**

Dial: 515-604-9094

Access code: 950897

#### 7. Los Angeles Women’s Self, Sexuality and Body Issues

**TIME:**

- 7.30PM Pacific Time
- 8.30PM Mountain Time
- 10.30PM Eastern Time

Join Zoom Meeting:

<https://us02web.zoom.us/j/82649385871?pwd=bGV1WUFQOEdrNENubUxCdGNQNDYQT09u>

Meeting ID: 826 493 85871

Password: 678336

## FRIDAY

### 1. [Women's Body Image](#)

TIME:

- 8.15AM Pacific Time
- 9.15AM Mountain Time
- 11.15AM Eastern Time

Join Zoom Meeting:

<https://us02web.zoom.us/j/88679991753?pwd=VWtORUk4Y1hWcmFoNmcyY2U0Z0ZDUT09>

Meeting ID: 886 7999 1753

Password: bodyimage

### 2. [Footsteps Body Image](#)

TIME:

- 12PM Pacific Time
- 2PM Mountain Time
- 3PM Eastern Time

Join Zoom Meeting: <https://zoom.us/j/293355222>

Meeting ID: 293-355-222

### 3. [The Antidote to Isolation - Focus on Bulimia and Anorexia](#)

TIME:

- 2PM Pacific Time
- 3PM Mountain Time
- 5PM Eastern Time

Join Zoom Meeting:

<https://us02web.zoom.us/j/86442832339?pwd=WXB1UIlQT25jcVY3SklyZGVNRDdCUT09>

Meeting ID 864-4283-2339

Password 615860

#### 4. [Body Image, Relationships, and Sexuality](#)

TIME:

- 2:30PM Pacific Time
- 3:30PM Mountain Time
- 5:30PM Eastern Time

Dial in: +1 929 205 6099 US

Join Zoom Meeting: <https://zoom.us/j/83201990691>

Zoom ID: 832-0199-0691

Password: 305305

## SATURDAY

#### 1. [Houston A & B Meeting](#)

TIME:

- 5:00AM Pacific Time
- 6:00AM Mountain Time
- 8:00 Eastern Time

Join this Zoom Meeting:

Meeting ID: 863-1665-1362

Password: 2020

#### 2. [Hope Meeting](#)

TIME:

- 1:45-3:00PM Pacific Time
- 2:45-4:00PM Mountain Time
- 4:45-6:00PM Eastern Time

Join Zoom Meeting:

<https://us04web.zoom.us/j/256014870?pwd=cFJ1aVF4NEJoN0VJbUIHZm43MWwvUT09>

Meeting ID 256 014 870

Password 047287

#### 3. [Body Image \(Brooklyn\)](#)

TIME:

- 6:45-8:00AM Pacific Time



- 7:45AM-9:00AM Mountain Time
- 9:45AM-11:00AM

Join this Zoom Meeting:

<https://zoom.us/j/989836449?pwd=T2pXSWtjSStZOUxrNC95Yzd1SkJnZz09>

Meeting ID 989 836 449

Password 557516

#### 4. [AB Focus “Many Symptoms, One Solution” Phone Meeting](#)

TIME:

- 11AM Pacific Time
- 12PM Mountain Time
- 2PM Eastern Time

Join this Phone Meeting:

Dial: 515-604-9094

Access Code: 950897#

#### 5. First Saturday of Every Month Anorexic/Bulimic Focus

TIME:

- 10AM Pacific Time
- 11AM Mountain Time
- 1PM Eastern Time

Join this Zoom Meeting:

Meeting ID 576 056 6356

Password: 022116

## SUNDAY

#### 1. [Anorexic/Bulimic Focus](#)

TIME:

- 1:30PM Pacific Time
- 2:30PM Mountain Time
- 4:30PM Eastern Time

Join Zoom Meeting:

<https://zoom.us/j/212478645?pwd=L1k5S1RqTEZsUVN0Umg4UVVJRcGFkUT09>

Meeting ID: 212 478 645

Password: 025858

## 2. Courage to Change - Anorexic/Bulimic Focus

TIME:

- 12.05PM Pacific Time
- 1.05PM Mountain Time
- 3.05PM Eastern Time

Join Zoom Meeting:

<https://us02web.zoom.us/j/628410115?pwd=NG1DSGNQenZjbkxUblI2UzJjUldtdz09>

Meeting ID: 628-410-115

Password: recovery

## 3. Pittsburgh-Shadyside Anorexic/Bulimic/Compulsive Exerciser

TIME:

- 2PM Pacific Time
- 3PM Mountain Time
- 5PM Eastern Time

Join Zoom Meeting: <https://us02web.zoom.us/j/685344812>

Meeting ID: 685-344-812

## 4. Footsteps Body Image

TIME:

- 2PM Pacific time
- 3PM Mountain Time
- 5PM Eastern Time

Join Zoom Meeting: <https://zoom.us/j/293355222>

Meeting ID: 293-355-222

## 5. AB Focus “Many Symptoms, One Solution” Phone Meeting

TIME:

- 7PM Pacific Time
- 8PM Mountain Time
- 10PM Eastern Time

Join this Phone Meeting:

Dial: 515-604-9094

Access Code: 950897#

