

## Public Service Announcements

### 30 Second Spot

There is a regular meeting of GreySheeters Anonymous every [Day] at [Location] at [Time].

GreySheeters Anonymous (GSA) is a 12-step program that offers hope for people who have problems with compulsive eating. It includes a sponsor and a specific food plan that helps take away cravings. We share our experience, strength and hope to recover from compulsive eating, bulimia, or anorexia. There are no dues or fees for GSA Membership. For more information, go to [www.greysheet.org](http://www.greysheet.org).

### 60 Second Spot

There is a regular meeting of GreySheeters Anonymous every [Day] at [Location] at [Time].

GreySheeters Anonymous (GSA) is a non-profit, 12-step program that offers hope and help to people who compulsively eat. We work together to solve our common problems of food addiction, compulsive eating, bulimia, and anorexia.

GreySheeters Anonymous (GSA) offers a recovery program that includes a sponsor, a specific food plan that helps take away food cravings and support from the GSA community. In meetings, members share their experience, strength and hope with each other to recover from compulsive eating, achieve peace around food and maintain normal body weights. There are no dues or fees for GSA membership. The only requirement is the desire to stop eating compulsively. Come and join us. For more information, go to [www.greysheet.org](http://www.greysheet.org).

## Sample Notice for Print Publication

The following suggested notice might be used for newspapers, free “classified” style ads, community events calendars, and similar publications:

Can't stop eating? Are you using food to manage stress or emotions? Can't stay on a diet? Can't stop eating sugar no matter how hard you try? Struggling with binge eating, bulimia or anorexia? GreySheeters Anonymous, a 12 -Step program, may be for you! Come join us at a meeting!

Meeting day & time

Facility

Address

City, State, Zip

Email [greysheet@greysheet.org](mailto:greysheet@greysheet.org) or call 832-856-1058.