

E-Mail Response Letter

Thank you for your inquiry regarding Greysheeters Anonymous (GSA).

If compulsive eating, bulimia or anorexia has made life unmanageable for you or someone you know, GSA offers a program that works. This is not another diet! The program includes a sponsor, a specific food plan that helps take away cravings, clearly defined parameters for food abstinence, accountability tools and support from a worldwide community. In GSA meetings, members share their experience, strength, and hope to help each other recover from compulsive eating, bulimia or anorexia. There are no dues or fees for GSA Membership.

GSA is a non-profit 12-Step fellowship in the tradition of other 12-Step anonymous programs. GSA is not affiliated with any professional organization. We can serve as an independent resource to you.

For additional information, including a list of local meetings, go to greysheet.org. If you are unable to locate the information you need, please contact us at PIC@greysheet.org.

The Public Information Committee of Greysheeters Anonymous