

# OA HOW 2-HOUR MEETING

<http://www.oahowphonemeetings.com/>



**Saturday, April 28th**

**9:15 AM – 12:00 PM**

**Newton-Wellesley Hospital**

**Shipley Auditorium**

**BYO Lunch to Follow**

**2014 Washington Street**

**Newton, MA**

**617-243-6222 Concierge Desk**

**Directions and Parking Information  
on Back**

## **What is OA/HOW?**

H.O.W is a movement within Overeaters Anonymous whose basic principle is that abstinence is the only means to freedom from compulsive overeating.

The Overeaters Anonymous HOW meetings have been formed to offer the compulsive overeater, who accepts the 9 tools, 12 steps and 12 traditions as a program of recovery, a disciplined and structured approach.

We welcome everyone who wants to stop eating compulsively.

Questions? Harriet 617-780-5013, [harriet\\_mermes@yahoo.com](mailto:harriet_mermes@yahoo.com)

**Newton-Wellesley Hospital Directions and Parking for Shipley Auditorium**  
**Directions**  
**2014 Washington Street, Newton, MA, near**  
**the intersection of Routes 16 and 128 (I-95), one mile south of the Mass Pike**  
**(I-90):**

<https://www.nwh.org/patients-and-visitors/planning-your-visit/maps-and-directions#nwh>

**Newton-Wellesley Hospital Campus Map**

[http://www.nwh.org/gedownload!/Campus2MapApril2014.pdf?item\\_id=42482019](http://www.nwh.org/gedownload!/Campus2MapApril2014.pdf?item_id=42482019)

**Newton-Wellesley Hospital Campus First Floor Map**

[http://www.nwh.org/gedownload!/Campus2MapFirstFloorApril2014.pdf?item\\_id=42482017](http://www.nwh.org/gedownload!/Campus2MapFirstFloorApril2014.pdf?item_id=42482017)

**Parking Information**

There is NO VALET Parking on the weekends.

There are two (2) options for parking at the Hospital. The Shipley Auditorium (in the Bowles Conference Center) is on the West Side of the building.

**WEST ENTRANCE Outside parking**

- There is a set of stairs from the outside parking lot to the West Entrance along the right side of the building as you face it
- If stairs are a problem, one can walk out of the parking lot and up the West Entrance driveway to the West Entrance
- Once inside the Concierge Desk will be on your right
- Pass the Concierge Desk and go RIGHT to the end of the hall
- At the end of the hall go RIGHT
- The South Elevators will be on your Left
- Go to the Second Floor
- Go LEFT off the elevator and continue straight into the Bowles Conference Center
- SHIPLEY Auditorium will be on the LEFT
- There is a food court and bathrooms before you get to the Shipley Auditorium

**EAST ENTRANCE Patient/Visitors Garage (6 floors)**

- Enter the Parking Garage
- Whichever floor you end up on take the elevator to the third (3rd) floor of the garage
- The 3rd floor of the garage will put you on the 1st floor of the hospital in the WHITE Building
- At the bathrooms and the ATM machine go LEFT
- Follow signs to the WEST Entrance and Concierge Desk
- Turn LEFT when you see the Concierge Desk, go to the end of the hall
- At the end of the hall go RIGHT
- The South Elevators will be on your Left
- Go to the Second Floor
- Go LEFT off the elevator and continue straight into the Bowles Conference Center
- SHIPLEY Auditorium will be on the LEFT
- There is a food court and bathrooms before you get to the Shipley Auditorium

**PARKING FEES, OTHER PARKING AND PUBLIC TRANSPORTATION**

- Credit/Debit or cash payment on the way out of the parking lot or garage
- Parking for 3 hours is about \$5.00. We did get Parking Passes from the 7:15 AM OA Meeting and we might be able to get them again which would make parking free.
- You can park on Washington St. with quarters or you can take the Green Line Riverside Line from Boston to the Woodlands stop.