You’ve learned about OAC and you believe in the mission to make the world a better place for people affected by obesity. Now you want to get involved, but how?

**Get Connected**
To get involved, first get connected! Learn about the OAC and help us learn more about you, too. We’ve created a Welcome Series meant to get us both started.

ObesityAction.org/Get-Connected

**Explore the OAC Action Center**
Get information about key issues and discover ways to take action and address them. From signing petitions against weight bias to writing policy makers, there’s so much to do!

ObesityAction.org/Action-Center

**Share Your Experiences**
What topics related to weight are personal for you and why? Sharing your experiences can humanize obesity and encourage people to think differently about weight.

- WeightoftheWorld.com
- Forum.ObesityAction.org
- Membership@obesityaction.org

**Get Social**
The OAC’s messages reach more people when you engage with our content. Follow us, like our posts, leave a comment and share our posts with others!

- Facebook and LinkedIn: @ObesityActionCoalition
- Twitter, Pinterest and Instagram: @ObesityAction

**Share Our Resources**
Our diverse collection of educational resources offers quality, science-based information about obesity, weight and health. They raise awareness, reduce weight bias and provide support. Please share them in your communities!

ObesityAction.org/Get-Educated/Public-Resources/Brochures-Guides

**Give With Our Donor Program**
Our Donor Program inspires fun, easy ways to give back to our cause. From celebrating a milestone or hosting a Facebook birthday fundraiser to honoring a loved one with a tribute gift, give in ways that matter to you.

ObesityAction.org/Donate/Ways-to-Give

**Stay Active in the OAC Community ENGAGE Platform!**
The OAC’s Community ENGAGE Platform is our “Hub” for OAC updates, news, member stories, opportunities to engage and more. We update this platform regularly, so return often to stay informed and get involved!

Visit ObesityAction.org/Community