

Talking Saves Lives “A Taste For Life” raises funds for National Eating Disorder Helpline

Toronto, ON – May 29, 2015 – Nearly 150 people came out to support the National Eating Disorder Information Centre (NEDIC) at Malaparte - TIFF Bell Lightbox last night. Proceeds raised will support NEDIC’s national toll-free helpline 1-866-NEDIC-20 (416-340-4156 in Toronto).

Presented by Dove Self-Esteem Project and hosted by Cityline’s Tracy Moore, guests were entertained by Canadian singer/songwriter [Candice Sand](#).

Candice struggled with her own eating disorder for 15 years before getting the help she needed.

“It was my deepest, darkest secret for a long time,” confided Candice. “NEDIC’s website had a lot of information, articles and book recommendations that helped me take the first step to recovery.”

Today, Candice appreciates and respects her body. She enjoys food (even ‘forbidden’ foods, as well as the endorphin rush from a good run, the serenity of yoga and takes dance classes for the fun of it.

“Individuals who suffer from eating disorders may be feeling alone, ashamed and afraid of getting help,” says Suzanne Phillips, Acting Director of NEDIC. “NEDIC’s helpline provides a safe and supportive outlet for individuals to share their questions and concerns anonymously, without fear of judgment.”

“Our helpline receives over 2,000 calls a year from individuals who struggle with body image, self-esteem, food and weight preoccupation,” Suzanne says. “Or, from family and friends who are seeking information to support a loved one.”

Auctioneer and former MPP John Snobelen auctioned off original works of art from [Sarah Phelps](#) and [Marla Buck](#), dinner party for six at their Private Tasting Room at the [Food Dudes](#) Commissary Kitchen (24 Carlaw Avenue) from the Food Dudes and a luxury bike tour for two through Puglia, Italy with Butterfield and Robinson.

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