

## Honouring Dr. Daniel Andreae

The National Eating Disorder Information Centre (NEDIC) was founded with the help and guidance of **Dr. Daniel Andreae**. On September 8, 2016 NEDIC was proud to host a plaque unveiling ceremony to recognize Dr. Andreae's ongoing volunteer leadership and generous commitment to NEDIC and its National toll-free helpline. Remarks were made by Dr. Peter Pisters, President and CEO University Health Network, Suzanne Phillips, Program Manager of NEDIC, and Tennys Hanson, President and CEO of the Toronto General & Western Hospital Foundation. During the celebration, Suzanne announced Dr. Andreae's nomination for Honorary Chair of the NEDIC Advisory Committee. Upon accepting his new position, Dr. Andreae surprised us all by announcing the renewal of his pledge of \$100,000 over two years to enable the Helpline's extended hours to continue until 2019.



From L to R: Amanda Buckingham, NEDIC Volunteer; Dr. Daniel Andreae; Suzanne Phillips; Dr. Marion Olmsted, Director of UHN Eating Disorder Program, and Dr. Peter Pisters

The plaque will be permanently affixed outside NEDIC's helpline office, located on the seventh floor of Toronto General Hospital.

**Thank you Dr. Andreae!**

## Outreach & Education

Outreach and Education has had an eventful summer of new beginnings and unique experiences!

In July, we kicked off our official collaboration with the National Initiative for Eating Disorders (NIED), an eating disorder advocacy community group that is based in Toronto. NIED is committed to hosting a regular series of symposia throughout the year from people in the front lines of Eating Disorders. Our volunteers were able to provide a FREE live webcast of NIED's July symposium *"Ah ha Moments' Turning Points in Your Recovery Journey"* for viewers across the globe. NEDIC is pleased to work closely with local community organizations like NIED who help us maintain our ability to provide accessible information and resources to a wide audience.



## Be You Challenge with Girl Guides of Canada

NEDIC remains committed to empowering girls and increasing their resilience through our relationship with the Girl Guides of Canada (GGC). This year, NEDIC and the GGC came together with body image experts to significantly revise our joint **Love Yourself Challenge**, designed to build and encourage healthy self-esteem and positive body image among girls. We are so excited to launch the **Be You Challenge** with the GGC on October 5th.

Over 3,000 Girl Guides took the Love Yourself Challenge in the 2015-16 fiscal year, and more than 300 girls have taken it since April of this year. Girls who take part in the newly named Be You Challenge will now benefit from a revised program with new activities and tools to help them thrive in a world where social media is omnipresent.

In August, we were invited to work with PHAN (the Peel HIV/AIDS Network) to facilitate a unique workshop about healthy eating, eating disorders and self-esteem. A group of our passionate volunteers traveled to Brampton to present the workshop during PHAN's weekly Sex Worker Drop-In. PHAN's Drop-In program is aimed to help reach vulnerable women currently in the sex trade or in need of a supportive space to gather and have access to health care, support services and housing resources.

Lastly, we are hard at work preparing for the Fall, our busiest time of year! We are excited to be putting together NEDIC's first ever pamphlet designed specifically for educators. Teachers and youth workers are often on the front lines when issues like dieting, body image and eating disorders appear. That is why it is extremely important for us to provide them with quality resources and information on what to do and how to help. We will be assembling free resource packages that will include the new pamphlets, and delivering them to over 500 schools across the GTA.

## 2017 Body-Image and Self-Esteem Conference

### ACCEPTANCE. AWARENESS. EQUITY.

NEDIC is excited to be hosting its sixth bi-annual Body-Image and Self-Esteem Conference around these important themes at the Chestnut Conference Centre, Toronto on **Thursday May 11 & Friday May 12, 2017.**

We are pleased to announce our keynote speakers, including Dr. Linda Bacon, who will speak about the HAES (Health at Every Size) movement and gender, and Dr. Niva Piran, who will discuss her research surrounding girls' experiences of embodiment. Dr. Jon Robison will deliver a keynote about health promotion, and

then participate in an exciting Canadian-focused panel discussion on the topic. Our final keynote speaker, celebrated yoga teacher Dianne Bondy, will also lead attendees in a movement break that caters to all body types and levels of fitness.

The two-day conference will again offer attendees the choice between a full-day workshop or two (of six) half-day workshops on each day. As always, there will be a free community evening on Thursday. Make sure to follow NEDIC on Twitter, Facebook and Instagram as we share more details about confirmed multi-disciplinary presenters and action-oriented workshops.

## 5<sup>th</sup> Annual A Taste for Life Benefit

**Tickets are now on sale** for NEDIC's annual fundraising event **A Taste for Life**, taking place on Thursday October 20, 2016 in the spectacular Portland Room at the Spoke Club, located in the heart of Toronto (600 King St. W). Tickets are \$125 (or \$75 for anyone age 25 and under). Proceeds from the event will support NEDIC's National Toll-Free Helpline and Outreach and Educational programs.



This year's Benefit will feature rising opera star Ambur Braid as MC, live performances by 4th generation violinist ONQ Sultan, an exciting silent auction and a not-to-be-missed special raffle.

NEDIC is pleased to recognize our Presenting Sponsor, Dove Self-Esteem Fund, Platinum Sponsor, Shire Pharma Canada, Gold Sponsor, Dr. Daniel Andraea, and Bronze Sponsors, WaterStone Clinic and Hayley Findlay, Debbie Eyton and Paul Edmonds.

To learn more about the event, or to purchase tickets, please visit [nedic.ca/news/taste-life-2016](http://nedic.ca/news/taste-life-2016)

## Scotiabank Toronto Waterfront Marathon – Charity Challenge

### JOIN TEAM NEDIC!

Help us go the distance on October 16, 2016 as we run to raise awareness and support for NEDIC. The Scotiabank Charity Challenge program allows for participants to make their 5k, half marathon or full marathon race more meaningful by raising funds for NEDIC.

Want to run with us? Interested in sponsoring the team? Visit [www.torontowaterfrontmarathon.com](http://www.torontowaterfrontmarathon.com) and click "Sponsor a Charity Team" under the Charities and Community tab. Search for team name "NEDIC". All pledges receive an official tax receipt.

## Upcoming

Scotiabank Toronto Waterfront Marathon  
Charity Challenge – **October 16, 2016**

A Taste For Life Benefit – **October 20, 2016**

2017 Body-Image and Self-Esteem Conference –  
**May 11 & 12, 2017**

**Help  
Support  
NEDIC**

For more information please contact

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