

NEDIC DONOR UPDATE

National Eating Disorder Information Centre | Spring 2019

Donor News!

We are delighted to share that Aerie has raised over \$37,000 for NEDIC through their Strong, Beautiful, Me cause-marketing campaign in 2018! 100% of Canadian sales from Aerie's limited-edition Strong, Beautiful, Me t-shirts and undies were donated to NEDIC. Thank you Aerie for your wonderful commitment to body-positivity.

You can purchase your limited edition Strong, Beautiful, Me tanks and underwear in Aerie stores across Canada while supplies last, and show your support for NEDIC!



Celebrating Debbie Eyton!



Paul Edmonds and Debbie Eyton

Debbie Eyton, our former chair and current co-chair for NEDIC's *Zest For Life* Committee is retiring from her role as Vice President, Major Gifts at the Toronto General and Western Hospital Foundation. Debbie feels a strong connection to the mission of NEDIC and is a tireless champion for *Zest For Life*, which raised over \$50,000 last year! We are grateful to once again have Debbie's vision and strong flair for fundraising and event planning as she joins us this year as co-chair for *Zest For Life* along with Dr. Dan Andreae. Please join us in thanking Debbie and wishing her well in her retirement!

Eating Disorder Awareness Week • February 1-7, 2019



NEDIC raised an incredible amount of awareness during Eating Disorder Awareness Week (EDAW) 2019. Nationally, NEDIC and community partners secured **7** provincial and territorial proclamations and **74** municipal proclamations of EDAW. There were **35** events over the **nine** province and territories. Various landmarks were lit purple, including the CN Tower, Niagara Falls, SaskTel Centre, and the Peace Bridge.

NEDIC hosted several awareness campaigns, including:

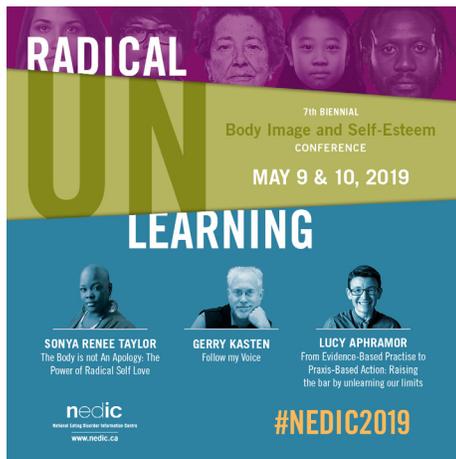
- A Twitter Chat focused on this year's EDAW theme: Eating Disorders Can't Afford to Wait (Check out the hashtag #EDAW2019 and #showusyourpurple to read the conversation – they were mentioned **3,000** times on social media!)
- A community panel night co-hosted with Sheena's Place, NIED and Ryerson University's Centre for Fashion Diversity and Social Change where panelists with lived experience spoke about this year's EDAW theme: "Eating Disorders Can't Afford to Wait."
- Our 5th annual VoicED event, featured talented artists and performers whose lives have been affected by eating disorders. Brave performers shared powerful, creative and moving performances through spoken word, dance or music.

NEDIC is committed to spreading the word that Eating Disorders Can't Afford to Wait, and are excited to continue the momentum with World Eating Disorders Action Day on June 2nd. We are so thankful for all the organizations we collaborated with, all of the governments that proclaimed EDAW in their provinces or local communities, and to all of you for your participation in a way that felt true to you. Eating disorders can affect anyone, and we continue to work every day to provide information, support, and resources to people affected, while working to educate the public to dismantle the stigma and prevent eating disorders from developing in the first place. Thank you for being on our team - we look forward to your continued support to cultivate change across the country!

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7TH BIENNIAL BODY IMAGE AND SELF-ESTEEM CONFERENCE



On May 9th and 10th, 2019, NEDIC will hold its 7th Biennial Body Image and Self-Esteem Conference in partnership with the University of Toronto. Using this year's theme of **Radical Unlearning** as a framework, this interdisciplinary conference will address critical issues in the areas of social justice, mental health, nutrition, body image, and self-esteem. Encompassing equity, innovation, and positive body identity, this theme calls for unlearning and unpacking negative and erroneous messaging to which people have been subjected.

We are thrilled that we will be hosting this line-up of dynamic keynote speakers:

Sonya Renee Taylor – leader in the global body positivity movement and founder of *The Body Is Not An Apology*

Ben Barry – founding director of the Centre for Fashion Diversity & Social Change at Ryerson University

Gerry Kasten – public health dietitian and adjunct professor at the University of British Columbia

Lucy Aphramor – renowned dietitian and co-author of *Body Respect: What Conventional Health Books Get Wrong, Leave Out, and Just Plain Fail to Understand about Weight*

The first day of the conference program also includes an evening event with Sonya Renee Taylor that is open to the public and free to attend.

NEDIC has established a reputation for delivering exceptional conferences. Words that participants have used to describe their conference experience include *inspiring* and *transformational*. Like NEDIC's previous conferences, **Radical Unlearning** promises to be an exciting knowledge- and skill-building opportunity for all in attendance. Participants – who will include dietitians, educators, youth counsellors, nurses, psychologists, social workers, health promoters, and fitness professionals – will gain practical skills they can apply immediately in their practice settings, from clinics to classrooms and beyond.

Check out <http://www.nedic.ca/conference> for more information!



ZEST FOR LIFE

Save the Date!

Join NEDIC on **Wednesday, October 16, 2019** as we host our 8th annual Zest for Life fundraising event at the Spoke Club (600 King St. W, Toronto). The event will feature a thrilling silent auction and luxury raffle, with entertainment consisting of both live music and DJ performances. All proceeds raised from the evening will benefit NEDIC's educational programs and national toll-free and instant chat helpline services. Stay tuned for ticket sale announcements!

UPCOMING

7th biennial Body Image and Self-Esteem Conference

World Eating Disorder Action Day
June 2, 2019

8th Annual Zest for Life
October 16, 2019

Help
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For more information please contact

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