

SILENT AUCTION:

A variety of unique and special, one-of-a-kind items. Cash, check and credit cards accepted.

EDCI ITEMS & RESOURCES:

EDCI items and eating disorders recovery materials will be available for purchase at all events. Prices start at \$10. Purchase of these items ensure EDCI is able to expand our programming and services!



SPONSORS



Platinum

Castlewood Treatment Center, MO



Silver

Eating Recovery Center, CO
Timberline Knolls, IL



Bronze

Carrie Peitzmeier, IA
Catalyst Counseling, IA
Heidi Vermeer-Quist, IA

WAUKEE HIGH SCHOOL
555 SE UNIVERSITY AVE., WAUKEE



The **MISSION** of the Eating Disorder Coalition of Iowa is to prevent eating disorders and to serve as a catalyst of hope, acceptance, understanding, and healing for all impacted by eating disorders.

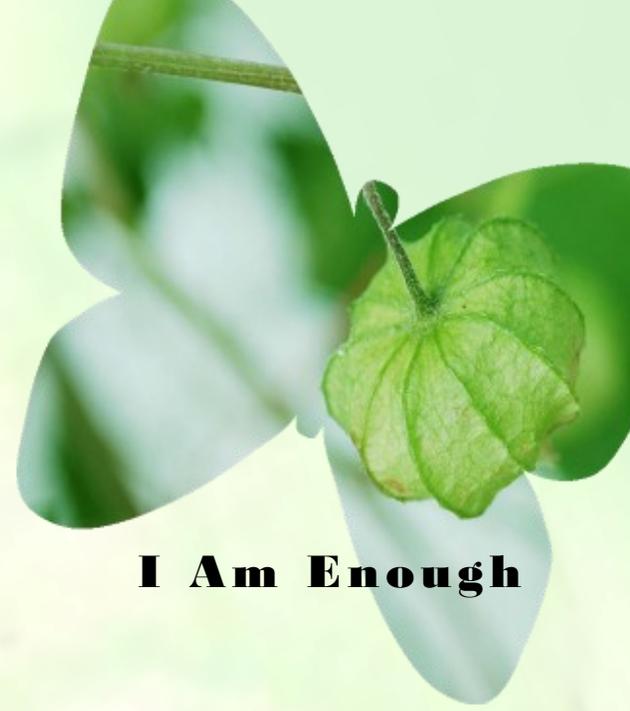
The Eating Disorder Coalition of Iowa **ENVISIONS** an Iowa without eating disorders...we hope you agree with our passion and will help us spread the word about the important work this coalition is starting.

For general questions, sponsorship opportunities, or to volunteer, please visit our **WEBSITE** at www.edciowa.com.

www.edciowa.org
e-mail: edci@edciowa.org



EATING DISORDERS AWARENESS 2013



I Am Enough

SATURDAY, MARCH 2

Waukee High School
555 SE University Ave., Waukee
West Entrance

Doors Open 8:15 AM

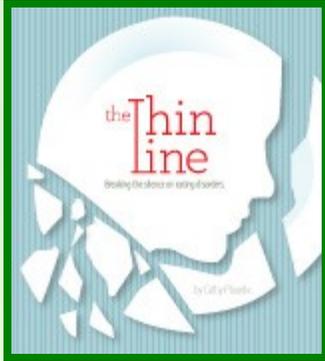
General Seminars
9 AM, 11:45 AM & 1 PM

CEU Seminars 9 AM

“The Thin Line” 10 AM

Inspirational Stroll 2 PM

Balloon Release 2:30 PM



**PLAY
BEGINS AT
10 AM**

A powerful performance that breaks the silence on eating disorders.

Eating disorders in schools are as prevalent as alcohol

and drug abuse, and 86 percent of people report that their eating disorder started before the age of 20.* And an estimated 25 percent of college students suffer from eating disorders.**

Eating disorders among our young people are well hidden, dangerously glamorized, socially contagious, and **becoming epidemic**. It is the mental illness with the highest fatality rate; yet the stigma surrounding the disease allows many to suffer alone to face the threat of death or severe lifelong ailments. There is growing concern that the dominant national discourse on tackling obesity could exacerbate disordered eating among our children.

But prevention and recovery are possible.

The Thin Line uses live theatre to break the silence on eating disorders, reduce the stigma surrounding mental illness, and pave the way to prepare young adults for the intense pressure of high school, college, and beyond. The program helps begin the conversation about eating disorders by illustrating the pain of one girl's struggle and her loved ones' resolve to understand and to help.

Composed to present a wider understanding of the impact of eating disorders, ***The Thin Line*** features four characters with distinct voices all played by a professional actor. Characters include (in order of appearance): Cindy, a friend; Ellen, a girl struggling

with an eating disorder; Ellen's negative voice; and Ellen's mother. As the play unfolds, Ellen's illness progresses and the complications and stakes get higher.

As a result of seeing ***The Thin Line***, **90% of audience members knew exactly where to go to get help if they or someone they know is suffering from an eating disorder.**

Following ***The Thin Line***, there will be a Q & A panel of local eating disorders treatment team members.

**ADDITIONAL PRESENTATION:
THURSDAY, FEBRUARY 28, AMES
[HTTP://WWW.COUNSELING.IASTATE.EDU](http://www.counseling.iastate.edu)**

**Programming is impactful for anyone 5th grade and older!
Consider bringing a group of students with you.**

LIGHT LUNCH 11:00-11:30 AM:

Provided by Castlewood Treatment Center

INSPIRATIONAL STROLL (INDOORS) 2 PM

Beginning at 2:00 pm, join us for a gentle stroll through balloon-lined hallways. Immediately following our stroll, we will release balloons outside: in celebration of those who have recovered, in support of those fighting eating disorders and in memory of those who have passed on from their struggle.

EDUCATIONAL SEMINARS

DOORS OPEN AT 8:15 AM

GENERAL SEMINARS:

Attend 3 of the 5 one-hour unique and insightful sessions: 9-9:45 am, 11:45-12:30 pm, and 12:45-1:30 pm.

- My Recovery Story
- Parent's Perspective
- Balanced Eating
- How to Help Someone You Care About
- Healthy Coping Skills

CEU SEMINARS:

Professionals seeking CEU credits on the topic of eating disorders will choose 1 intensive three-hour training held 9-10, breaking 10-11 to attend 'The Thin Line', and resuming after lunch 11:45-1:30 pm.

- Trauma Training—Attachment Model
- Nutrition—Eating Recovery Center
- Working with Eating Disorders

REGISTRATION:

Honoring the mission of EDCI, "to increase understanding of eating disorders", there are no set registration fees to attend the day of events. Please consider a donation to EDCI in any of our donation baskets present at the event. 100% of your donation is tax deductible. Checks should be made payable to EDCI.