



The Emily Program

FOUNDATION

DOES IT FEEL LIKE YOU'VE

In This Issue

[TEPF in the Community](#)

[Give to the Max!](#)

[Advocacy Update](#)

[Media Monday!](#)

[Donate Now](#)

[Join Our Mailing List](#)

[Like us on Facebook](#)

[Visit our blog](#)

Upcoming Events:

Recovery Night

The second Tuesday of each month at 6:30 p.m., hear speakers share their stories of hope and success on their

TEPF in the Community

The Emily Program Foundation has been able to participate in many community events this fall to help raise awareness about eating disorders. Below are photos and recaps of the events.



TEPF walked as a team in this year's NAMIWalks on September 22nd. It was a chilly day, but we made great strides in raising awareness of mental illness.

road to recovery from eating disorders. Located at 2265 Como Ave. St. Paul, MN 55108

[Click here for more information.](#)

FREE Friends and Family Support Group

The Emily Program offers two Family and Friends Support Groups. Open to the public, these evening support groups meet in St. Paul and St. Louis Park.

[Click here for more information.](#)



TEPF works to eliminate eating disorders through advocacy and education. Eating disorders are devastating and isolating conditions that strongly impact individuals, families, and communities. Together, we can make a difference.

Current Board Members:

Lindsay Drebenstedt, Larry Espel, Jillian Lampert, Mary Mathiowetz, Dan Mehls, Dirk Miller, Mary Ann Stump, Carol Peterson, Matt Walzer, Kitty Westin, Mary Westin.

Get Involved!

Consider getting more involved by volunteering. Volunteers are vital to the operation of TEPF and do many things including:

1. Educate the community
2. Run awareness events
3. Advocate for access to treatment
4. Fundraise to ensure our ongoing success

Contacting Keri Clifton at keri.clifton@emilyprogramfoundation.org to get involved today.

The Emily Program Foundation
2265 Como Avenue
Saint Paul, MN 55108
651.379.6134



TEPF Board Members played in the first Stone Pine Open on September 24th. Hudson community members began this tournament to support causes that are impacting their community. This year they chose to support the work of The Emily Program Foundation.



Local trainer and owner of The Fit in You, Emmy Singer organized the First Annual 5K Fight Against Eating Disorders. The walk took place on September 30 in White Bear Lake. Emmy helped to raise over \$3000 for the work of The Emily Program Foundation. TEPF staff are pictured with Emmy.

Give to the Max!

The Emily Program Foundation is making a difference every day saving lives, changing minds, and working to eliminate eating disorders. Your generous support means the world to struggling families and friends now more than ever.

give DAY NOV. 15
TO THE MAX

info@emilyprogramfoundation.org
emilyprogramfoundation.org

Join us on
November 15,
Minnesota's
Give to the
Max Day, and
help us win a
\$1,000
Golden
Ticket. The

Emily Program Foundation will have 25 chances to maximize your gift on Give to the Max Day!

By making a donation on Give to the Max Day, **your \$25 gift could help us win an extra \$1,000** for our work in the community.

Together, we hope to raise more than \$5,000 on Give to the Max Day and we're counting on your help!

Last year, thousands of donors logged on to GiveMN.org and gave over \$13 million to Minnesota charities in just 24 hours on Give to the Max Day!

Follow us on [Facebook](#) so you can share in the excitement of the giving day and remember to give November 15.

P.S. At the end of Give to the Max Day, one donation from across Minnesota will be randomly selected for a \$10,000 Supersized Golden Ticket! Help us increase our odds by making your gift on November 15 by visiting www.GiveMN.org and searching for The Emily Program Foundation!

give DAY NOV.
TO THE MAX 15

giveMN.org

Advocacy Update

The Emily Program Foundation continues to lead several important advocacy efforts. Advocacy Director Kitty Westin has been attending meetings with State Government workgroups to make certain that people who struggle with eating disorders have access to treatment through the Affordable Care Act. We have an opportunity to influence what will be covered under the new insurance plans the State of Minnesota will offer to all currently uninsured residents. Kitty has testified before several committees making the case that eating disorders must be part of the Essential

Benefit Set in any health plan the State endorses.

Kitty is also fighting for people who qualify for Medicaid. She has testified in support of Minnesota opting in for Medicaid Expansion. If the option is taken, single adults will be covered under Medicaid with income up to 133% of Federal Poverty Guidelines. This will open Medicaid up to about 120,000 more Minnesotans, including those with disabling illnesses, like a severe eating disorder.

Kitty Westin and The Emily Program Foundation continues to be a voice for those impacted by eating disorders.

Media Monday!

In an effort to change the all too common emphasis on weight loss and an "ideal" body type that pervades our media, The Emily Program Foundation is working to change the conversation and bring about a new way of looking at health. One way we are doing that is by educating the community to think critically about the media messages we consume each day.

We are working to change the conversation through all of our programming, but one new effort is our Media Monday Social Media Campaign. Every Monday, you can read a new entry that praises positive media or offers criticism of negative media.

To read some of these posts visit our blog at <http://emilyprogramfoundation.blogspot.com/>. If you are interested in contributing, email us at info@emilyprogramfoundation.org.



Try it FREE today.