



The Emily Program FOUNDATION

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In This Issue

[Art and Eating Disorders](#)
[Making Plans to Grow](#)
[TEPF Happenings!](#)

► [Donate Now](#)

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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 road to recovery from eating disorders. Located at 2265 Como Ave. St. Paul, MN 55108
[Click here for more information.](#)

Art and Eating Disorders: Building Community Awareness in 2013

The Emily Program Foundation hosted *Art and Eating Disorders: Building Community Awareness* in February as part of Eating Disorder Awareness Month. The artwork was on display at The Art Institutes International Minnesota Art Gallery from February 9th to March 14th, 2013.

Volunteer Aruna Budhram described her experience at the opening reception saying "the art show gave the audience the opportunity to see how eating disorders affect each one of these artists in different ways. Each artist has a different internal struggle they were experiencing. Sometimes it is difficult to communicate with people about their daily struggles and I think through art one is able to visually understand the artist experiences."

Currently, *Art and Eating Disorders: Building Community Awareness* is now on display at **Wisdom Ways**. It is up from April 9 through May 31, and the artwork will be available for viewing during normal building hours which are Monday -Friday from 7am-11pm and Saturday - Sunday from 8am-7pm.

Wisdom Ways Center for Spirituality
Carondelet Center

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.](#)



The Emily Program Foundation is on a mission to save lives, change minds, and work to eliminate eating disorders.

We envision a world without stigma and misconceptions about eating disorders and disordered eating. We will be the catalyst in shaping new, informed conversations through advocacy, social outreach, and collaboration with community partners.

Current Board Members:

Larry Espel, Jillian Lampert, Mary Mathiowetz, Dan Mehls, Dirk Miller, Mary Ann Stump, Matt Walzer, Kitty Westin, Mary Westin and Jennifer Cramer Miller

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

Contact 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

9am to 5pm
1890 Randolph Avenue
Saint Paul, Minnesota 55105

For more information visit:

<http://wisdomwayscenter.org/art-exhibit-art-and-eating-disorder.html>

The Emily Program Foundation Makes Plans to Grow

The Emily Program Foundation Board of Directors embarked on a Strategic Planning process in the fall of 2012. The plan was finalized at the December board meeting with four key initiatives identified:

- * Define Program Direction
- * Build Fundraising Strength
- * Build Board Leadership
- * Create a Comprehensive Communication Plan

These will drive the decision making and planning for the Foundation over the next several years. While the process was arduous and a significant time commitment by all Board Members, the outcome was fantastic as it will help us to establish ourselves as well as grow the impact the Foundation is having in the community.

If you want to learn more about the current impact, check out our **2012 Annual Report** by clicking [here](#). It was a busy year, and 2013 is shaping up to being even busier.

TEPF Happenings!

TEPF on KTIS in February

The Emily Program Foundation was chosen as the KTIS 98.5 Difference Maker for February. Our work was profiled during the month; Kitty shared our mission and

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examples of how we are changing the conversation. This was an amazing opportunity for the Foundation to be introduced to an even broader audience. Many people contacted us after hearing the radio spot wanting to get involved with our work. Thank you to KTIS and its amazing listeners.

Spring 2013 Lobby Day

Advocacy Director Kitty Westin, Board Member Jillian Lampert, and several Emily Program Foundation volunteers just got back from the EDC's Spring 2013 Lobby Day in Washington DC. Look out for a full reflection in our Summer Newsletter.

Media Monday Moves to Our New Website

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 on our Media Monday Social Media Campaign. Every Monday, you can read a new entry that praises positive media or offers criticism of negative media.

Last month, Media Monday transitioned to our new website that launched in January. To read some of these posts visit our blog at <http://emilyprogramfoundation.org/news-events/blog/>. If you are interested in contributing, email us at info@emilyprogramfoundation.org.

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