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Quarterly Newsletter

July 2015



On a mission to save lives, change minds, and work to eliminate eating disorders.

Together we can make a difference

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Upcoming Events:

Art & ED

The Foundation returns to the [Art Institutes International Minnesota](#) for the third consecutive year for our Art and Eating Disorders exhibition. This show will take place from November 14th through December 10th. If you are interested in submitting artwork for this show, please email [Emily Monson](#) to receive details. All submissions must be received by October 19th, 2015.

Recovery Night

"Anna's Law" Update

It is official! The Anna Westin Act of 2015 (HR 2515) was introduced in the US House of Representatives on May 21, 2015. This is the first eating disorders specific legislation to have bipartisan support at introduction in the history of Congress.

Anna Westin, who died from an eating disorder, is the face of the Anna Westin Act. While the Westin Family would much rather have her with them, they are proud that her name is attached to this essential legislation. It will prevent suffering and save lives.



Enactment of the Anna Westin Act of 2015 will prevent eating disorders by providing training for health professionals, school personnel, and the public to improve early detection and intervention. It will also address gaps in treatment coverage and look at the effects that digitally altered photos in advertising have on the body image of young people. The bill combats eating disorders by addressing the "Three T's," training, treatment and truth in advertising.

We need your help. You can get involved by calling your US House Member and asking him or her to support the Anna Westin Act. If you are in Minnesota and live in Congressman Eric Paulsen's, Tom Emmer's, or John Klein's District we especially need you to use your voice. To find your Representative go to: <http://www.house.gov/representatives>.

In addition, consider joining the Foundation for the 2nd Annual MOM MARCH AGAINST EATING DISORDERS on October 27th in Washington DC. More information can be found by [clicking here](#).

Parents Wanted for Focus Group

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.](#)

Friends & Family

The Foundation offers five FREE Friends & Family Groups. Open to the public, these evening support groups meet in Woodbury, St. Paul and St. Louis Park.
[Click here for more information.](#)

unmaskED!

Save the date for our annual unmaskED Gala on **March 5th, 2016** at [The Metropolitan](#).

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.

Board Members:

Larry Espel, Jillian Lampert, Mary Mathiowetz, Dan Mehls, Wendy Blackshaw, Matt

Parents frequently approach us at The Emily Program Foundation wanting to talk about their kids' eating/exercise habits and body image (be they toddlers or teenagers). These parents want to support their child's healthy development, but are not quite sure how and are looking for guidance, especially in the face of so many conflicting messages around food and health. To meet this need, we are looking at expanding our parent program.



We'd like to talk to parents from all walks of life, and with kids of all ages, about their experience in talking to their kids about food and their bodies. We will use this information to help us create programs (presentations, workshops, coaching, etc.) to educate the general public and support parents who want guidance in such matters. Whether you're confident in your abilities and your child eats a variety happily every day, or you're not sure of the best approach with your child and/or have questions or concerns about their eating habits and body image, we want to talk to you!

- When: **Wednesday, August 26, 6:00-7:30 pm** (dinner will be provided)
- Where: The Emily Program in St. Louis Park

If you're interested in this focus group, please email [Keri Clifton](#) or call 651-379-6134. Space is limited.

Come "Rumble" with Us!

For the second year in a row, The Emily Program Foundation is proud to have been selected as the charitable partner for this year's Rumble on the Runway & Minnesota Fashion Awards event on Friday, August 21 at The Depot in Minneapolis. Join us for Minnesota's biggest fashion event of the year and help us advance the Foundation's work! [Click here for more info or to purchase tickets.](#) Email [Darcy Berus](#) or call 651-379-6123 if you would like to volunteer.



Happy New Year!

Walzer, Kitty Westin,
Mary Westin, Jennifer
Cramer Miller, Diane
Amer, Katie Miller, Frank
Schlick, Shelly
Harrington, and Beth
Gleekel

June 30 marked The Emily Program Foundation's fiscal year-end – and what a year it's been! Our programs continue to expand and serve new and greater audiences! THANK YOU to everyone who supported The Emily Program Foundation with a financial contribution this year! YOU make the Foundation's work possible. Thank you!!

Please visit our website at emilyprogramfoundation.org.
Donate to our cause at emilyprogramfoundation.org/donate.

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