

Quarterly Newsletter

January 2014



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

Together we can make a difference

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Did you know?



Upcoming Events:

1st Annual ED Event
Remember to buy your tickets for our next event –

February is Eating Disorder Awareness Month

A week just doesn't seem like enough time to focus on raising awareness about the devastating effects of eating disorders. The Emily Program Foundation is spreading the work out over the entire month of February with several FREE community events.

Thursday, February 20;CRAVE, Mall of America, 4pm
"Exploring Body Image: One Size Never Fits All"

In addition, join The Emily Program Foundation as we partner with **Penumbra's The ACT ON IT!** Series.

Tuesday, February 18 from 5-6:30pm
Penumbra 270 N Kent St, St Paul, MN 55102

The Foundation presents *"Making Peace with Food"*: This session will provide a basic level of understanding of eating disorders, reasons someone may develop an eating disorder as well as tools for prevention. With increased awareness of obesity issues in the United States, this workshop will focus on how to promote positive body image and self-esteem, while promoting optimal health and well-being.

Penumbra's teaching artists will follow with an interactive workshop to explore advocacy through the arts. The workshop is FREE! Call Penumbra at 651-224-3180 or visit www.penumbra theatre.org to reserve your spot.

CRAVE Cares Partner for February

The Emily Program Foundation was selected as the CRAVE Cares partner for February. CRAVE is proudly committed to supporting the communities they serve through their CRAVE Cares program. Every month they donate a percentage of their sales to a different local

unmaskED. The masquerade themed Gala event symbolizes the removal – or “unmasking” – of the secrecy, stigma, and shame associated with eating disorders (ED).

When: March 1, 2014 at 5:30pm

Where: Muse Event Center, 107 3rd Ave N, Minneapolis

Tickets: \$125

PURCHASE YOUR TICKETS



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.](#)

Friends and Family Support Group

The Emily Program offers two FREE Friends and Family 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

non-profit organization. Looking for a way to support the work of the Foundation with a great meal? Dine at any of the 4 local CRAVE restaurants during February - Mall of America, West End, Galleria, and Downtown Minneapolis – a portion of each sale will go directly to the Foundation. Tell your friends and family as well – there will be promotional material about the Foundation and our work at each location.



unmaskED

On March 1st, The Emily Program Foundation will host our 1st Annual ED Event - *unmaskED*. The masquerade theme of this Gala event symbolizes the removal—or “unmasking”—of the secrecy, stigma, and shame associated with eating disorders (ED).

The event boasts a live and silent auction, dinner from CRAVE, valet parking, emcee JANEL KLEIN, and entertainment by THE BRUCE A. HENRY BAND; all at the new MUSE Event Center in downtown Minneapolis.

[purchase tickets](#)

Ticket price \$125. Corporate tables available for \$1,000

Evening attire. Mask not required, but encouraged.

Donate ‘stuff’ and/or an experience for *unmaskED*

We are still collecting items for the live and silent auction and welcome your support with an item or experience. Gift cards, baskets, and experiences are typically great sellers at these events. If you have something you’d like to donate (or you have a friend that would); please contact [Sue Riesgraf](#) for more details. We are extremely appreciative of your support.

Sponsor *unmaskED*

Your support will help us continue working toward our goal of eliminating eating disorders and will also connect your business or product with over 250 guests at the event. Sponsorships range from \$500 - \$5,000 with a range of marketing opportunities. Visit the website for more details or contact [Sue Riesgraf](#) to discuss further.

Community Education Update

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, Dirk Miller, Matt Walzer, Kitty Westin, Mary Westin, and Jennifer Cramer Miller

Get Involved!

Consider getting more involved by volunteering. Volunteers are vital to our operation 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

[Email us](#) to get involved today.

Over the last year, The Emily Program Foundation has expanded its reach in educating communities about eating disorders and advocating for prevention. During 2013, The Emily Program Foundation gave 204 presentations. That is a nearly 30% increase in comparison to the education outreach in 2012! With the rising number of outreach and education efforts, we reached over 6,000 individuals in 2013.

This is just a glance at the impact. The Emily Program Foundation is excited about our broadening impact over the last year in education and we are looking forward to expanding our outreach throughout 2014!

Foundation Volunteers Bring Back Advocacy Group

There has been a huge interest in eating disorder advocacy among our volunteers. In this monthly group, we plan to address issues related to eating disorders using the passion volunteers bring to make the biggest impact. This group will do everything from letter writing campaigns to advocacy at the state and federal levels. We will take a positive approach to advocating for eating disorders and work hard to change the conversation.

If you are interested in volunteering with The Emily Program Foundation, email volunteer@emilyprogramfoundation.org.

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

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Address postal inquiries to:
The Emily Program Foundation
2265 Como Avenue
Saint Paul, MN 55108
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