



NEDA Awareness

National Eating Disorders Awareness Week

February 20-26, 2011
NationalEatingDisorders.org

We NEDAwareness Every Day of the Week!

Not sure what to do for NEDAwareness Week?

Not a problem...NEDA has a theme for each day of NEDAwareness Week!

Sunday, February 20	Movie Night	Get your family and friends together to watch a film. Check out the film list and discussion guides in the Educator Packet.
Monday, February 21	Broadcast It!: Submit a Radio PSA	Request to have the radio Public Service Announcement (PSA) read during NEDAwareness Week. NEDA provides the radio PSA scripts and letter to submit to local radio stations.
Tuesday, February 22	Tweet It	Put your Twitter, Facebook or other social networking sites to work! Post information about eating disorders, the Helpline Number and a link to additional resources and referrals at www.NationalEatingDisorders.com
Wednesday, February 23	Awareness in the Workplace	Use the Workplace Kit to hang posters and provide pens, <i>How to Help a Friend</i> pamphlets, organizational brochures and Helpline cards to your co-workers.
Thursday, February 24	Host a Speaker	Ask a Volunteer Speaker to come speak to your group. You can search for a Volunteer Speaker in your area on the NEDA website.
Friday, February 25	Media Activism	Write a letter in praise of an advertisement promoting positive body image or in protest of an ad promoting negative body image. A great classroom activity!
Saturday, February 26	Donate a NEDA Toolkit	Download the free, comprehensive NEDA Toolkits to give to PTA's, youth service providers, school personnel, local coaches and gym staff. Available NEDA Toolkits: Educator Toolkit, Parent Toolkit, Coach & Athletic Trainer Toolkit

Your participation in one, or all, of the activities above truly makes a difference! [Click here](#) to register today!

NEDAwareness Week Kits offer huge discounts on materials and are available in the NEDA online store! [Click here](#) to buy your NEDAwareness Week Kit, Resource and Planning Guide CD-ROM, T-shirts and much more!