



February 21-27, 2010

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 21	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 22	Tweet It	Put your Twitter, Facebook or other social networking sites to work! Post information about eating disorders and direct folks to additional resources and referrals at www.NationalEatingDisorders.com
Tuesday, February 23	Broadcast It! Submit a Radio PSA	Request to have the radio Public Service Announcement (PSA) read on Feb 23. NEDA provides the radio PSA scripts and letter to submit to local radio stations.
Wednesday, February 24	Awareness in the Workplace	Order the Office Kit containing posters, pens, <i>How to Help a Friend</i> pamphlets, organizational brochures and Helpline cards. All you have to do is hang the posters and leave out the other items for your co-workers.
Thursday, February 25	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 26	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 27	Yoga Day	Offer a free yoga class! Yoga instructors will be hosting yoga sessions in cities across the country to raise awareness! Download the Yoga Guide on the Resource Google Group to host one in your community. If you are not an instructor, invite a local yoga instructor to lead the class!

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!