

I used to starve myself to fit into my skinny jeans. I thought that thin was everything, and I was losing everything to be thin. For years, anorexia and bulimia stole my hopes and dreams.

It almost took my life.

During my recovery, I found comfort in a Japanese proverb: "Fall down seven times, stand up eight."

NEDA has helped me to stand up in countless ways. I am honored to work with NEDA as a volunteer, as a participant and presenter at annual conferences, as a speaker during National Eating Disorders Awareness Week, and most recently as a member of the Ambassador Council. I enjoy being a part of a team that understands eating disorders and that really makes a difference.

Jenni Schaefer

Singer/
Songwriter
&
Author of
*Life
Without Ed*



It's Time
To **Talk**
About it

March 2010

Dear Friend:

It's Time to Talk About It

Nearly 10 million females and 1 million males in the U.S. are battling eating disorders such as anorexia and bulimia, while millions more suffer from binge eating disorder. Surprising statistics about what is commonly thought of as a "silent battle." This Spring, the National Eating Disorders Association invites you to help change that perception, by joining us for an evening of conversation and celebration to raise awareness of what could be a very tragic illness.

Join us on Wednesday, March 31, 2010

Entertainer **Jenni Schaefer** will delight you with song, keynote speaker **Jean Kilbourne** will make you think about the media's role in portraying societal pressures, and the views from the 60th Floor of the Chase Building will take your breath away. **Kathy Benn**, a mother who lost her daughter to an eating disorder, and **Shelly Steinwurtzel**, a NEDA youth advocate, will both be honored for their spirit of courage, commitment and compassion to the organization. And we are delighted that NEDA Board Member and **WABC-TV News Anchor Diana Williams** will serve as our Emcee again this year.

In spite of the unprecedented growth of eating disorders in the past two decades, eating disorders research continues to be under-funded, insurance coverage for treatment is inadequate, and societal pressures to be thin remain rampant. **Your support of the NEDA Benefit Dinner is crucial to our success**, as we continue to support individuals and families affected by eating disorders, and serve as a catalyst for prevention, cures and access to quality care. The generosity of Sponsors will be acknowledged prominently in the event program and in pre/post event press.

So, let's keep Talking About It

...and continue generating awareness and hope for eradicating this silent and largely stigmatized illness. With early intervention and appropriate treatment most sufferers can recover and resume normal lives. Together, we can unite the community to advocate for change and give voice to the silent suffering of patients and their families. If you have any questions about our event or support opportunities, kindly contact our Benefit Office via email at neda@trustaffairs.com or call (908) 219-4142.

Graciously,

Frank Bisignano
Benefit Dinner Chair

Lynn S. Grefe
Chief Executive Officer, NEDA

NationalEatingDisorders.org



Event: NEDA Benefit Dinner
 Date: Wednesday • March 31, 2010 • 6:30pm
 Venue: 60th Floor • One Chase Manhattan Plaza • NYC

Benefit Dinner Chair: Frank Bisignano • Chief Administrative Officer • JPMorganChase
 Event Co-Chairs: Deborah Q. Belfatto and Kathleen Hubert-McKenna

Keynote Honoree: **Jean Kilbourne, Ed.D. • Author, Filmmaker, Advocate**
 Youth Advocate Award: Shelly Steinwurtzel
 Award of Courage: Kathy Benn

Special Guest: Jenni Schaefer • Singer/Songwriter and Author of *Life Without Ed*
 Emcee: Diana Williams • Anchor, WABC-TV

NEDA Ambassador Council: Emme Aronson (Chair), Paula Abdul, Bradley Bayou, Sara Evans, Carre Otis, Scarlett Pomers, Jenni Schaefer, Jamie-Lynn Sigler And Jessica Weiner

About NEDA: The National Eating Disorders Association, headquartered in Seattle, WA, is a non-profit organization advocating prevention, treatment and research funding for eating disorders; expanding public education and awareness; promoting access to quality treatment for those affected; and providing support for their loved ones. NEDA's Helpline has referred more than 50,000 people to treatment since its inception in 1999 and NEDA's website has more than one million unique users annually.
 www.nationaleatingdisorders.org

NEDA Website:



In the United States, as many as 10 million females and 1 million males are fighting a life and death battle with an eating disorder such as anorexia or bulimia.

Eating disorders have been diagnosed in children as young as seven or eight years of age.

The mortality rate associated with anorexia nervosa is 12 times higher than the death rate of ALL causes of death for females 15 to 24 years old.

The cost of outpatient treatment, including therapy and medical monitoring, can extend to \$100,000 or more.

Support Opportunities

Leadership Circle

- Contribution of \$25,000
- Leadership Circle seating for your party of ten
- Full page ad in the Event Program
- Premium recognition in the Event Program and on appropriate event materials

- Recognition in the Event Program and on appropriate event materials

Compassion Sponsor

- Contribution of \$7,500
- Priority seating for your party of ten
- Appropriate recognition in the Event Program

Commitment Sponsor

- Contribution of \$10,000
- Preferred seating for your party of ten
- Half page ad in the Event Program

Benefactor

- Contribution of \$1,000
- Seating for one guest
- Appropriate recognition in the Event Program

NEDA Benefit Office

AFFAIRS Event Services
 395 Springfield Avenue
 Berkeley Heights, NJ 07922
 (908) 219-4142
 neda@trustaffairs.com

NEDA Benefit Dinner
March 31, 2010 - 6:30pm
60th Floor - One Chase Manhattan Plaza, NYC



Kindly Reply By March 24, 2010

Name (as it should appear on printed materials)

Address _____

City _____ State _____

Zip _____ Phone _____

Email _____

Yes, please accept my reservation at the following level.

- | | |
|---|--------------------|
| <input type="checkbox"/> Leadership Circle • \$25,000 | Table of Ten |
| <input type="checkbox"/> Commitment Sponsor • \$10,000 | Table of Ten |
| <input type="checkbox"/> Compassion Sponsor • \$7,500 | Table of Ten |
| <input type="checkbox"/> Benefactor • \$1,000 | Seating for One |
| <input type="checkbox"/> Individual Reservation • \$500 | # of Guests: _____ |
| <input type="checkbox"/> Junior Reservation • \$250 | # of Guests: _____ |
- Guests under age 30*

No, I cannot attend but please accept my tax deductible contribution of \$_____ in support of NEDA

Payment Information

- Check (payable to NEDA)
- American Express
- Visa
- MasterCard

Name on Credit Card _____

Card Number: _____

Exp Date _____ Security Code _____

Billing Zip Code _____

Signature _____

Dinner Guests

Please indicate any food restrictions

NEDA is a registered 501 (c)3 nonprofit organization.
Federal Tax ID # 13-3444882

The non-deductible portion of each reservation is \$100. If you choose not to attend the event, your contribution may be fully tax-deductible.

If you are paying by credit card, you may fax the front and back of this reservation card to the NEDA Benefit Office at (866) 588-0918.

National Eating Disorders Association
www.nationaleatingdisorders.org

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AFFAIRS Event Services
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Berkeley Heights, NJ 07922

Event Information
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