

#NEDAwareness

# LET'S GET REAL

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*To fight diet culture and to recover from an eating disorder it is anti-colonial work. Having the privilege to share eating disorders awareness in my diverse community has been medicine for me.*

—GLORIA LUCAS

30 million Americans will struggle with a full-blown eating disorder and millions more will battle food and body image issues that have untold negative impacts on their lives.

No one has to struggle alone. Learn More, Get Screened, & Find Help: [nationaleatingdisorders.org](https://nationaleatingdisorders.org)