

#NEDAwareness

COME AS YOU ARE

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I am an eating disorder recovery warrior. But I also make sure to inform people on racism, sexism, and body positivity for marginalized bodies. I've spent the last 2 1/2 years in active recovery trying to get my life back from my restrictive eating disorder. I encourage everyone to aim for self love and body acceptance and to fight back against diet culture.

—NIA P.

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