



# **COME AS YOU ARE:** Hindsight is 20/20

National Eating Disorders Awareness Week is February 24 - March 1, 2020.



**#NEDAwareness #ComeAsYouAre**  
**nedawareness.org**



Contact the National Helpline:  
[myneda.org/helpline](https://myneda.org/helpline)



Text NEDA to 741-741



**NEDA**  
Feeding hope.

National Eating Disorders Association