

free programs

• National Eating Disorders Awareness Week •

NIS DEBUTS ONLINE EDUCATIONAL FILM FOR NEDAwareness 2011

SPEAKING OUT ABOUT ED

New York, NY –

February 15, 2011

NORMAL in Schools (NIS), a nonprofit organization dedicated to education about the three kinds of eating disorders (ED), self



Carolyn Costin in SPEAKING OUT ABOUT ED

esteem and wellness, launched today an online educational film to coincide with national Eating Disorders Awareness Week (February 20-26, 2011).

The powerful documentary-style film exposes the growing problem of eating disorders and obesity in our society, debunks myths, explores treatment options, and calls for better training of the medical community in managing this life-threatening condition.

Created by NIS Founder and President, Robyn Husa, after five years of research while entrenched in schools, hospitals and working with families, the film sheds light on highly misunderstood mental illnesses, while shattering misconceptions about ED and obesity through in-depth commentary from physicians, psychologists and leading researchers.

WIN A PUPPY AT NEXT WEEK'S FUNDRAISER!

Help NIS to continue bringing innovative, artsy, compelling programs to communities to educate about eating disorders, body image, self-esteem and promote healing through the arts. **PLUS** win a new chihuahua puppy at the exclusive auction (details below).

General Admission (Includes 5:30pm admission to art gallery / sale and auction(s), dinner and drinks, live performances, poetry jam and dancing to SWING NOUVEAU.) Tickets are \$75.00.

VIP Admission (Includes the above plus reserved seating.) VIP Tickets are \$125.00.

Check out highlights and a short video from last year's INSIDE OUT event.

Make a Donation In Lieu of Attending -- Help Us Help Communities Nationwide!

According to Dr. Stephen Hinshaw, Chair of Psychology at UC-Berkeley, "At least one-fourth of all U.S. teenage girls are suffering from self-mutilation, eating disorders, significant depression, or serious contemplation of suicide."

"We need to be doing more in schools to recognize the illness, talk to the parents, and steer these people toward help," says NEDA CEO Lynn Grefe.

The film cites the untimely deaths of three talented, award-winning students caused by the unrelenting destruction of eating disorders – and in doing so, reveals a healthcare system and medical community that is often woefully inadequate in providing solutions.

Multiple doctors affirm that people at highest risk for ED share specific genetic, biological, and physiological factors that together create a predisposition for ED. Yet the complexity of ED makes it very difficult to treat, adds Dr. Rick Bishop, founding partner of Eating Recovery Center. "If you know the field of ED, you know the field of mental health; you have to know it all to treat ED patients."

The NIS film stresses the importance of prevention through improved self-esteem, media literacy and family communication to help kids build greater resilience.

The NIS educational film may be viewed on the home page of: www.normal-life.org for a limited time, in honor and support of National Eating Disorders Awareness Week.

Click here to watch SPEAKING OUT ABOUT ED

BID ON A PUPPY AT NIS FUNDRAISER!

That's right! Take home your very own Chihuahua puppy at this year's NIS gala INSIDE OUT! Other auction items include exclusive WORLD CHAMPION GREEN BAY PACKER memorabilia, artwork and more!

Proceeds from INSIDE OUT help NIS to bring free, artsy, compelling programs to more communities nationwide.

This year, Tiffany Ogle from Milwaukee's MORNING BLEND will not only host the NORMAL in Schools gala, but will also join professional actors from the Milwaukee community, directed by Raeleen McMillion from RENAISSANCE THEATRE in live performances and a poetry jam

NIS PROGRAM LIVE AT UW-MADISON

[RSVP here](#)

NORMAL in Schools will present its award-winning NIS program for FREE at UW-Madison's Memorial Union (Great Hall) on Sunday February 20, 2011 at 7pm. Free parking is available in public parking lots 1 or 6 near the Memorial Union.

Sponsored by University of Wisconsin Alumni Association, UW-Madison University Health Services, Wisconsin Women's Health Foundation / Lisa A. Cudahy Community Grant, a special grantor that we can't name until after a press conference is held February 21!!! and Rogers Memorial Hospital, the hip, 75-minute rock musical **nor.mal:** will be followed by a panel discussion with medical experts and individuals in recovery. It's free!.

[Click here for UW-Madison flyer](#)

Ten Ways to Bring NEDAwareness To Your Community



Need programming idea for NEDAwareness 2011? Take a look at this easy one-page .pdf. Just point and click on the boxes for free programs, handouts and the new film SPEAKING OUT ABOUT ED in honor and celebration of NEDAwareness.

[Click for 10 NEDAwareness Program Ideas!](#)

FEBRUARY 23 ROGERS HOSPITAL PRESENTS SHANNON CUTTS

Rogers Memorial Hospital presents Shannon Cutts (founder of MentorConnect) who will speak at Marquette University in the Alumni Memorial Union room 163 (1442 W.

concert. The evening will also include a silent / live auction, multi-media art gallery sale, dinner and dancing. Express yourself in your choice of clothing and bring kids!! Arts programming is fun, entertaining and suitable for ages 12 and up!



Tiffany Ogle performs live at INSIDE OUT 2011

Wisconsin Avenue in Milwaukee) on Wednesday, February 23rd at 7pm. There is free street and structure parking nearby the AMU.

What is nor•mal?

nor•mal is a dynamic rock musical based on the true story of Yvonne Adrian's family. Originally produced in New York City by Transport Group, it is the winner of The Jonathan Larson award, which recognizes excellence in musical theatre. With book by New York Foundation Artists & Art award winner Yvonne Adrian, lyrics by Broadway veteran actress and writer Cheryl Stern, and music by Emmy award-winning composer Tom Kochan, **nor•mal** is a highly artistic theatrical work meant not only to educate about eating disorders, self esteem and family communication, but also to demonstrate the healing power of theatre itself.

Learn More About INSIDE OUT

Please forward this to your friends and colleagues
and encourage them to join NIS in celebrating our success!

NORMAL In Schools relies on the generosity of our patrons and supporters. Donations are tax-deductible under NORMAL In Schools, Inc., a Wisconsin State not-for-profit corporation, tax exempt under Section 501(c)(3) of the IRS Code.

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