

Merrick's WALK

Sunday, February 25

12:00 pm - Registration

1:00 pm - Walk

Starting Point:

The Galloway School
215 West Wieuca Road
Atlanta, Georgia 30342

Registration:

Pre-Register by February 23

\$25 for adults, \$15 for kids 12+

Day-Of Registration on Feb. 25

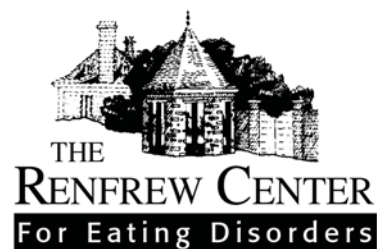
\$30 for adults, \$20 for kids 12+

Online at www.edin-ga.org



The annual Merrick's Walk is a 2.6-mile walk around the PATH at Chastain Park, in memory of Merrick Ryan, who lost her battle with anorexia in 2000 at the age of 19. Form a team, collect donations, or walk on your own and garner support! Prizes will be awarded for individual fundraiser, team fundraiser, and largest team.

Thank You to Our Generous Sponsors



Rogers Memorial Hospital
Atlanta Center for Eating Disorders

edin

eating disorders information network
2964 Peachtree Rd, NW, Suite 324
Atlanta, Georgia 30305
(404) 816-EDIN

EDIN is a 501c3 organization committed to preventing eating disorders through outreach, education, and activism.

To learn about exciting Professional Training Activities and Eating Disorder Support Groups, please visit us online at

www.edin-ga.org

ink.
inspired communication
www.jennydell.com

February 21-27
2007

Community Events

WEDNESDAY, FEBRUARY 21

3rd Annual Candlelight Vigil

Live music, speakers and candle lighting ceremony to honor & remember those who have struggled with eating disorders. (Candles provided)

Sponsor: Ridgeview's Women's Center Alumni Association.
Ridgeview Professional Building - North Auditorium
Directions: ridgeviewinstitute.com
6:00-8:30 pm, Free

THURSDAY, FEBRUARY 22

Global Beauty: A Multi-Cultural Exploration of Body and Self-Image

A panel of psychologists from around the world explore the challenges of being female in America and address harmful myths about what it means to be beautiful. International Desserts will be served!

Sponsor: GA Psychological Assoc. Div. of Women Psychologists
Atlanta International School Auditorium, 2890 N. Fulton Dr.
Directions: aischool.org
7:00-9:00 pm, Free

Supporting My Loved One Towards Recovery

A panel of family members discuss their role in the recovery process. Explore the challenges of establishing healthy boundaries & creating an environment promoting self-esteem.

Ridgeview Day Hospital Auditorium
Directions: ridgeviewinstitute.com
6:00-7:00 pm, Free

Lighter Than Air: Food & Body Issues for Dancers

This panel of dancers, a sports dietitian and therapist will address the nutritional needs and body image concerns of female dancers. Female athletes and loved ones welcome. Sponsor: NutriFit.

Register: Page Love, RD, (770) 457-1457
At Alpharetta Dance Theatre, 180 Roswell St., Alpharetta
Directions: www.realpages/alpharettadancetheatre
7:30-8:30 pm, Free

FRIDAY, FEBRUARY 23

Satisfying Hunger: The Secret Your Body Wants to Tell You

Lisa Sarasohn, author of "The Woman's Belly Book" will lead this exciting workshop with centering breathing exercises, gentle movement, and writing/drawing to elicit the body's wisdom and intuitive guidance.

Cherubim Spa & Sanctuary, 1295 Dresden Drive
Directions: tula-atlanta.com, Pre-register by 2/16
Send check to: EDIN, 2964 Peachtree Rd. Ste 324, Atl. 30305
7:00-8:30 pm, Pre-register: \$35. At door: \$40

SATURDAY, FEBRUARY 24

Living In Your Body and Loving It!

A Nia Movement Workshop to celebrate your body, nourish your spirit, and open your heart in a safe, supportive environment. EveryBODY welcome. No experience, just a willing spirit required.

Harmony Learning Center
1989 N. Williamsburg Dr., Suite F, Decatur
Directions: NiaAtlanta.com, Info: Sandy Bramlett (678) 576-9553
11:00 am-1:00 pm, Free

Moms & Daughters Cook!

Bring your daughter (age 10-14) for this delightful event. Hosted by AJC Food Critic and mom, Meridith Ford. You and your daughter will prepare healthy delicious food with chef Barbara Petit, president of Les Dames d'Escoffier. Sponsor: Slow Food Atlanta.

At Cook's Warehouse, 180 W. Ponce de Leon, Decatur
Directions: cookwarehouse.com, Pre-register by 2/17
Mail check to: EDIN, 2964 P'tree Rd., Ste 324, Atl 30305
3:00-6:00 pm, \$35/mom-daughter pair

THIN

Join us for a screening of Lauren Greenfield's award-winning HBO documentary THIN followed by discussion with Alisa Fliss (a patient featured in the film) and Nina K. Schlachter, D.O., Director of the Women's Center at Ridgeview. Sponsor: Ridgeview Institute.

Lovett Fine Arts Center, 4075 Paces Ferry Road
Directions: lovett.org
7:00-10:00 pm, Donation: \$5

Managing the Food Police

This workshop with eating disorder experts will help you to help your loved ones with practical assistance surrounding food and meals. Page Love, RD and Karen Macke, LPC Sponsor: Atlanta Center for Eating Disorders.

4536 Barclay Drive, Ste. A, (770) 458-8711
Directions: eatingdisorders.home.mindspring.com
1:00-2:30 pm, Free

SUNDAY, FEBRUARY 25

Merrick's Walk

7th annual 2.6 mile walk around Chastain Park in memory of Merrick Ryan who lost her battle with anorexia at age 19.

The Galloway School, 215 W. Wieuca Rd.
Tear-off registration panel or pre-register at www.edin-ga.org.
Directions: gallowayschool.org
Check-in at noon, Walk at 1:00 pm, \$25

The Push For Perfection: Adult Women Speak Out

Eating disorders are not just a problem of adolescence. A panel of women who have struggled with eating disorders will share their struggles and triumphs.

Peachford Hospital Conference Room, 2151 Peachford Rd.
Directions: peachfordhospital.com; 7:00-9:00 pm, Free

MONDAY, FEBRUARY 26

Freedom from the Tyranny of Dieting

Irene Celcer, LCSW, author of The Tyranny of Dieting, will help you find freedom from dieting and over-eating so that you and your family can live healthy, balanced lives.

Cliff Valley School Library, 2426 Clairmont Road
Directions: cliffvalleyschool.org, (678) 302.1302
7:00-8:30 pm, Free

TUESDAY, FEBRUARY 27

What's Eating Katie?

Westminster student-directed play about a typical teen struggling with an eating disorder. Post-play Q & A with actors and playwright. Teens & parents welcome!

The Westminster School, Kellett Theater in Broyles Art Center
1424 W. Paces Ferry Rd, Directions: westminster.net
7:00 pm, Donation: \$5

Merrick's WALK

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

Registering as (check one):

- individual
 part of a team
Team Name: _____

T-shirt size (check one):

S M L XL XXL

Enclosed is a check payable to EDIN for \$ _____.

Mail to: Merrick's Walk
2964 Peachtree Road
Suite 324
Atlanta, GA 30305

To learn about exciting Professional Training Activities and Eating Disorder Support Groups, please visit us online at www.edin-ga.org