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Fall 2019

I keep this picture by my desk to remind me of a time where I had no fears or obsessive thoughts about food, weight, body-image, nor self-doubt or anxiety that I struggle with today. If you are struggling with similar thoughts and feelings, think back to a time when you were free from negative thoughts.

I invite you to our Ask the Experts event on September 28th at Gilroy Library. This is part of our efforts to reach out to the South Bay community. We get many requests, calls, and emails from individuals in this community. See below or click [here](#) for details.

We are incredibly proud to share our new "It's Time" PSA with you. Thanks to the hard work of our volunteers, especially the producers Tami Lee and Sean Hein, we have created this video to raise awareness and stop the stigma.

Use your voice to influence legislation! Call or email your Representative using this [link](#) and ask them to cosponsor the Nutrition CARE Act. This important legislation would increase eating disorders treatment access by providing medical nutrition therapy coverage for outpatient eating disorders treatment under Medicare.

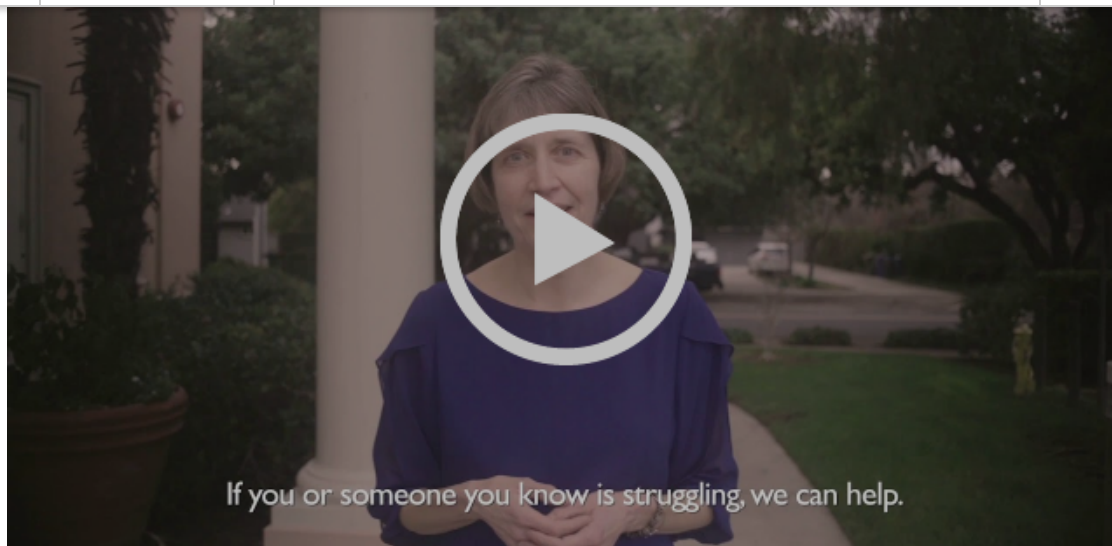
Please consider EDRC in your year end giving. Your gifts help those struggling with eating disorders and their families. More physicians have been trained and more people have received support, education, and access to treatment because of generous contributions from our donors like you. Gratefully, Janice



It's Time...

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Check out our new PSA. Special thanks to our producers Tami Lee and Sean Hein for their dedication to this project. Share with others and help us make it go viral.

Come Ask the Experts

SATURDAY, SEPTEMBER 28
4:00 PM
GILROY LIBRARY



GILROY LIBRARY 350 W. SIXTH ST.
GILROY, 95020 408.842.8207
WWW.SCCL.ORG/GILROY

Save the date! Come hear from our panel of licensed therapists, Wendy Mosqueda, LMFT and Danielle Friedman, LCSW, Richa Sandhu, MS, and student Madison Smith. Get your questions answered! [More information](#)

EDRC Trains Kaiser Physicians

EDRC trained Kaiser physicians to improve their knowledge and awareness of eating disorders. We are grateful for Juliet Caceres, Psy.D from Timberline Knolls for offering to do this Continuing Medical Education for Kaiser physicians and for Haritha Rachamallu for recognizing this as a serious illness and bringing it to the attention of her fellow physicians.

*"Kudos to you and your organization for leading this incredible, courageous and service oriented mission and in providing **truly personalized care** for these complex and most vulnerable members of our community. It is inspiring to hear about your team's passion in supporting your members with respect and dignity."* -Dr. Haritha Rachamallu

"I was honored to be asked to present to Kaiser physicians. The EDRC is extremely knowledgeable, passionate, caring and champions in bringing awareness, education on eating disorders to individuals, communities and professionals."-[Juliet Caceres, Psy.D, Timberline Knolls](#)

Your Dollars at Work

"My daughter is doing very well and is now receptive to the treatment. We are very encouraged and will have our first family session this Sunday. She is optimistic and positive about her treatment. We appreciate all your help and support through the entire process."- [Grateful Mom](#)

Donate



Join Our NAMIWalks Team



Join the Emboldened EDRCers as we walk to raise awareness that eating disorders are a serious mental illness. This year's walk will be held on Saturday, September 21 across from the SAP arena. You won't want to miss keynote speaker, [Jeff Bell](#). He will give you hope, and warm your heart. There is no cost to register, so join our team [here](#)! If you would like to [volunteer](#), NAMI has opportunities to help out over the next few weeks.

Recognizing Our Long-time Board Members

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We dedicate with much gratitude this issue to our long-time and founding board members Deborah Bingham and Karen Wolf. We have been blessed with their invaluable contributions of time, talent, and treasure. Their leadership was crucial to our success over the years. They will be truly missed, however still in our lives.

Must Reads

[Is Your Young Adult with an Eating Disorder Ready for College?](#)

[Judge: Parents may force-feed anorexic 20-year-old daughter](#)

[Scientists find Eating Disorders Are Triggered By Your Genes, Not Your Choices](#)

[Praise, Don't Tease, And Other Tips To Help Kids With Their Weight](#)



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