

What's New at MEDA?

LATE SPRING 2016

Donate

MEDA relies on the generous support of people like you to continue to provide clinical and support programs to the communities we serve.

***MATCHING GIFTS** are a great way to maximize your donation to MEDA and many companies offer these programs.*

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KEEP UP WITH WHAT IS HAPPENING AT MEDA!



JOIN OUR PROFESSIONAL NETWORK

Are you an **eating disorder specialist** who wants to join MEDA's thriving professional network? If so, please contact [Jaime](#).



MEDA Updates

2016 NEDA Walk Hosted by MEDA

Thank you to all who joined us and donated to the 2016 Boston NEDA Walk Hosted by MEDA on Sunday, April 10th. It was a sunny day, albeit a little chilly, and together we celebrated recovery and supported our loved ones!! This year we had close 900 walk participants and raised over \$100,000 which will support programs at both NED and MEDA.

[Click here](#) for a link to photos of the days inspiring events.

2016 MEDA Conference

MEDA's 2016 National Two Day Conference ~ Thinking Outside the Body: Empower Yourself, Your Clients and the Community ~ took place on May 13 and 14. Thank you who joined us and presented! It was a great success, and we could not have done it all of your support! A special thank you to Jaime Hyde for all her amazing work in organizing the event.



AND IT IS NEVER TOO EARLY TO START PLANNING FOR NEXT YEAR..



OUR 2015-2016 PARTNERS
Platinum Partner



Gold Partners

- [Eating Recovery Center](#)
- [Klarmen Eating Disorders Center](#)
- [Monte Nido & Affiliates](#)
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- [Behavioral Nutrition](#)
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MEDA SUPPORT GROUPS

Groups are held at the following times:

Teen:

Tuesday's 6:15-7:15pm



Eat, Breathe, Thrive Yoga Course

This summer MEDA is partnering with Eat Breathe Thrive, founded by Chelsea Roff, a 6 week yoga course for individuals working on recovery from negative body image disordered eating, or eating disorders. If you or anyone you know are interested, cor Rachel at RBMonroe@medainc.org



MEDA Preteen Wellness Group

We are currently creating a list of interested clients for a preteen wellness group. On have enough interest, we can begin the group. Some of the issues this group, for ch ages 9-12, will focus on will be peer pressure, body image, bullying and self esteem. more information on MEDA's new Preteen Wellness Group, please email Rachel.

MEDA in the NEWS

- Beth Mayer, MEDA's Executive Director, was recently featured on the **Excep Women Series** on Magic 106.7. To listen to the interview [click here](#).
- Beth was also recently quoted in an article in the **Daily Beast** about a Norwe town banning ads with too-perfect bodies. See the article [here](#).
- Both Rachel Benson Monroe and Beth were quoted in WBUR's article on "**E: Addiction**." [Click here](#) for a link to this article.
- Beth was part of a team that recently published an article for **Eating Behaviv** international peer-reviewed scientific journal publishing human research on tl etiology, prevention, and treatment of obesity, binge eating, and eating disor adults and children.

If you are interested in getting a copy of this article titled

CARE:

Tuesday's 6:15-7:15pm
[DROP IN](#)

Mixed Symptoms:

Wednesday's 6:15-7:15pm

Binge Eating:

Monday's 6:15-7:30pm
or
Wednesday's 6:15-7:30pm

Women's:

Thursday's 10:30am-12:00pm
or
Thursday's 6:15-7:30pm

We are always looking for clinical or recovered group leaders.

An assessment with a MEDA clinician is required prior to joining a group. If you or someone you know is interested, please email [Rachel](#).



- July 9
- August 6
- September 10

Hope and Inspiration Events are from 10-11am at MEDA's office at 288 Walnut Street, Suite 130 Newton, MA 02460

We're always looking for new people to tell their story, so if you're interested, email [Rachel](#)!

SHOP AND SUPPORT MEDA



"Research-to-policy translation for prevention of disordered weight and shape control behaviors: A case example targeting dietary supplements sold for weight loss and muscle building" please email us at info@medainc.org and we will send you a copy.

MEDA in the COMMUNITY

On Wednesday, May 25th, the 3rd Annual Body Confidence Day was held at Newton High School. MEDA and its founder, Becky Manley, worked closely with Newton No faculty and students to develop the curriculum for this all day event. The diverse presentations included workshops on:

- Healthy vs. Addicted
- Body Confidence 101
- Childhood Influence on Fat Shaming Culture
- Body Confidence in Healthy Romantic Relationships
- A Panel of Recovery
- Body Image in Communities of Color

Over 200 hundred students attended each of the six sessions and over 500 stopped by the information tables. MEDA Executive Director, Beth Mayer, was available to answer questions throughout the day and share information on eating disorders and body image, while MEDA clinician, Monique Bellefleur, presented.



COMING up at MEDA



NEW STAFF at MEDA

MEDA has welcomed two new staff members this spring.



AmazonSmile is a simple and automatic way for you to support MEDA everytime you shop, at no cost to you!

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KEEP IN TOUCH!

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info@medainc.org



Monique Bellefleur, ED.M is joining the staff as Clinical Administrative Coordinator. In addition to her administrative responsibilities, Monique leads support groups in addition to supporting MEDA's other clinical services and managing MEDA's Education and Awareness initiative. Monique can be reached at mbellefleur@medainc.org or 617 558-1881 x18.



Carolyn Judge joined the staff as Special Projects and Development Coordinator. She will be planning MEDA events, development as well as working on grant submissions. Carolyn can be reached at cjudge@medainc.org or 617 558-1771 x10.

Both Monique and Carolyn are not strangers to MEDA. Monique was previous graduate clinical intern at MEDA and Carolyn worked on both the 20th Anniversary Gala and Celebrate MEDA before becoming a staff member. Monique and Carolyn are both looking forward to being part of the MEDA team and working with the MEDA community.



Please visit our website at www.medainc.org

Think about donating [here](#)!