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### **Gardner-Webb University to Participate in National Eating Disorder Awareness (NEDA) Week**

Office of University Communications

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# Gardner-Webb University to Participate in National Eating Disorder Awareness (NEDA) Week

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Office of University Communications

January 31, 2013

## *Counseling Center to Host Events Feb. 24 – March 2*

BOILING SPRINGS, N.C. – In an effort to encourage the prevention of eating disorders and body image issues, Gardner-Webb University will be participating in National Eating Disorder Awareness (NEDA) Week, Feb. 24 through March 2. This year's NEDA theme is "Everybody Knows Somebody."

NEDA is a collective effort of volunteers, including health professionals, students and educators, who are committed to raising awareness of the dangers surrounding eating disorders and the importance of early intervention and treatment.

"The society we live in creates a level of expectation to be perfect that many people struggle to live up to," explained Courtney Watford, a licensed professional counselor at Gardner-Webb University's Counseling Center. "The result is that people use unhealthy coping mechanisms to reach those expectations."

Throughout the week, the Gardner-Webb University Counseling Center will be hosting numerous events and activities. On Tuesday, Feb. 26 a general health fair is scheduled. The fair, located in Bost Gym, will feature numerous health care professionals, including The Renfrew Center (Charlotte, N.C.), a non-residential eating disorder treatment facility, along with other healthcare providers.

A screening of the documentary "Dying to be Thin" will be featured in the Tucker Student Center Time Warner Theatre on Thursday, Feb. 28. The documentary addresses the issues, concerns, and solutions associated with those suffering from anorexia, bulimia, and other eating disorders. The screening begins at 6:30 p.m.

Maintaining a healthy approach to exercise is also an important aspect of the week's focus. The week will culminate with the "Everybody Knows Somebody" 5K Run/Walk. The 3.1-mile course tours the Town of Boiling Springs and the Gardner-Webb University campus, and will be held Saturday, March 2 at 9 a.m. Registration is \$10 for students and \$20 for adults. The first 100 registrants will receive an "Everybody Knows Somebody" t-shirt. To register for the event in advance, email [ssnyder1@gardner-webb.edu](mailto:ssnyder1@gardner-webb.edu). Registration on the day of the event will begin at 7 a.m. in the parking lot outside of the Lutz-Yelton Convocation Center on the GWU campus. Proceeds from the event will be donated to a local eating disorder treatment center, in order to provide assistance to eating disorder victims.

All of these events are open to the public. For more information call 704-406-4103.

*Located in Boiling Springs, N.C., Gardner-Webb University seeks a higher ground in higher education –one that embraces faith and intellectual freedom, balances conviction with compassion, and inspires in students a love of learning, service and leadership.*