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

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Office of University Communications

February 14, 2014

## *Counseling Center to Host Events Feb. 23 – March 1*

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. 23 through March 1. 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."

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 Walk/Run. The 3.1-mile course tours the Town of Boiling Springs and the Gardner-Webb University campus, and will be held Saturday, March 1 at 9 a.m. Registration is \$10 for students and \$20 for adults. To register for the event in advance, visit [gardner-webb.edu/everybody-5k](http://gardner-webb.edu/everybody-5k). 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 benefit local eating disorder treatment centers.

University counselors Cindy Wallace and Courtney Watford share details about the awareness week in this [WGWG.org](http://WGWG.org) interview:

Dr. Shonna Snyder, assistant professor of health and wellness, is working with the GWU Physical & Health Education Majors Association to coordinate other events that will be held in conjunction with the awareness week. All of the 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.*