



ABOUT THE COALITION

The Eating Disorders Awareness Coalition (EDAC) seeks to improve the lives of people affected by eating disorders, weight preoccupation and size prejudice through delivering education and prevention programs, building a supportive community and providing referrals to treatment and resources.

Their Professional Development committee organizes annual conferences on topics related to eating disorders with internationally acclaimed key note speakers.

Over the past year EDAC has been working with Canadian Mental Health Association Grand River Branch, Trellis Mental Health and Development Services, Homewood Health Centre and the Wellington-Dufferin-Guelph Eating Disorders Coalition to develop a new Eating Disorders System Framework that includes EDAC prevention, education and support services becoming part of Canadian Mental Health Association Grand River Branch on June 1, 2011.

This is an exciting time for eating disorder services in Waterloo Region and Wellington County. With the support of the Waterloo Wellington Local Health Integration Network, a new Eating Disorders Advisory Council has been established. Its inaugural meeting will be held April 28, 2011.

For more information or to make a donation, please contact (519) 745-4875, edac@golden.net, or www.cmhagrb.on.ca.

DIRECTIONS to the Holiday Inn

FROM TORONTO:

Follow the 401 west to Highway 8 west (the first Kitchener exit). Follow Highway 8 for several kilometers. Take the Weber Street/Fairway road exit, going right on Weber Street. The Holiday Inn is ahead on the right hand corner of Weber and Fairway Road.

FROM LONDON:

Follow the 401 east to Highway 8 west (the second Kitchener exit). Follow Highway 8 for several kilometers. Take the Weber Street/Fairway road exit, going right on Weber Street. The Holiday Inn is ahead on the right hand corner of Weber and Fairway Road.

FROM STRATFORD:

Take Highway 7/8 East and merge onto Highway 8 East towards the 401. Take the first exit, Fairway Road, turning towards the left. After the underpass, the Holiday Inn is immediately on your left.

HOTEL ACCOMMODATIONS:

Hotel conference rate: \$119.99/night
If booked before Sept. 18/11

Please mention the Eating Disorders Coalition conference when booking directly at 519 – 894 - 8504.



Eating Disorders Awareness Coalition



a service of
CANADIAN MENTAL
HEALTH ASSOCIATION

Grand River Branch



Presents the 17th Annual
Professional Development Conference

ACTivities to Treat Body Image Dissatisfaction:

Acceptance & Commitment Therapy For Clients With & Without Eating Disorders

with

**Dr. Michelle Heffner
Macera, PhD**

Author, *The Anorexia Workbook* and
*Acceptance and Commitment Therapy for
Body Image Dissatisfaction.*

FRIDAY, October 28, 2011

Kitchener Holiday Inn
30 Fairway Road South
Kitchener, Ontario, N2A 2N2

