



## Love Our Bodies Love Ourselves

### Provincial Eating Disorders Awareness Week (PEDAW) 2012

#### A Call for Action

PEDAW is launched the first full week in February with activities and events taking place throughout the year. It is a province wide effort to raise awareness around prevention and early intervention of eating disorders as well as media literacy, resiliency, building healthy body image and self-esteem.

In BC, we have an enthusiastic group of service providers including teachers, clinicians, counsellors, community nutritionists and peer support workers, participating in the planning. This year, we ask you to take part in supporting the “Love Our Bodies Love Ourselves” movement in promoting health and preventing disordered eating and eating disorders. We hope you can take an active role to support the launch of this movement and start some meaningful and engaging discussions, as well as activities at your school, your family or your work place.

## How can you support the “Love Our Bodies Love Ourselves” movement: A Call for Action

- Send in an affirmation or positive message to “Love Our Bodies Love Ourselves” [Facebook Page](http://www.facebook.com/loveourbodiesloveourselves) [www.facebook.com/loveourbodiesloveourselves](http://www.facebook.com/loveourbodiesloveourselves) starting Feb 5th, 2012
- Send the [Facebook page](#) link to your friends, family and your networks to bring awareness
- Send in activities you have organized or you plan to organize to Jessie’s Legacy PEDAW 2012 event listing page in order to generate a full list of activities demonstrating your support of the movement
- Organize your FLASH MOB to bring awareness to the public on how to love our bodies and to love ourselves
- Start conversation about this movement and what it means to you. Talk to your family, friends, neighbours, or anyone else in your life.
- Organize activities in the classroom, home or workplace and generate ideas about how we can love our bodies and love ourselves
- Attend education sessions and help to promote the educational events from our planning group, Check out the PEDAW 2012 event listings from [Jessie’s Legacy webpage](#)
- Be creative and continue to add your suggestions, reflections and actions to the Love Our Bodies Love Ourselves [Facebook page](#)

Free resources available to support you to participate in the

“**Love Our Bodies Love Ourselves**” movement:

- You can order a free **PEDAW 2012 Information Package**: Love Our Bodies Love Ourselves for your school, group or organization as reference. The package is developed by the PEDAW Planning Committee and it includes a full listing of suggested activities, examples of affirmations, poems, statistics and resources on books, video clips, curriculum and website resources. It is downloadable from [Jessie’s Legacy website](http://www.familyservices.bc.ca/professionals-a-educators/jessies-legacy) <http://www.familyservices.bc.ca/professionals-a-educators/jessies-legacy>
- You can order “Love our Bodies Love Ourselves” wristbands (quantities are limited, first come first served. To order, please call Amy @ 604-875-2084 or Toll free 1800-665-1822 or email: [keltycentre@bcmhs.bc.ca](mailto:keltycentre@bcmhs.bc.ca)
- If you are looking for a potential speaker for your event in Vancouver Coastal Health and Fraser Health Region, please contact Shelley Hine @ 604-998-5281x204 or email [hine@familyservices.bc.ca](mailto:hine@familyservices.bc.ca)

**For more information, please contact Mimi Hudson, Provincial Lead for the PEDAW at**

**604-988-5281 ext: 216 or email: [mhudson@familyservices.bc.ca](mailto:mhudson@familyservices.bc.ca)**

