



BEAUTY UNDRESSED

SHANNON CUTTS
www.key-to-life.com

Shannon Cutts survived a 15-year battle with an eating disorder to become an internationally-known advocate for the value mentoring adds to the eating disorders recovery process.

As founder of MentorCONNECT, the first global eating disorders mentoring organization, and author of *Beating Ana: How to Outsmart Your Eating Disorder and Take Your Life Back*, Shannon's work is now being recognized for its pioneering impact in the field.

Shannon's work has most recently been profiled in *Glamour* and *Woman's Day*. She is a popular speaker at college campuses and conferences, including recent presentations for the Binge Eating Disorder Association (BEDA), the Renfrew Foundation, and the International Association of Eating Disorders Professionals (iaedp). She is also a frequent contributor to *The Huffington Post*, *PsychCentral.com*, *Eating Disorders Recovery Today*, and *Bulimia.com* on the subject of mentoring for eating disorders recovery.

Shannon travels the country to promote MentorCONNECT's message that "relationships replace eating disorders". Working tirelessly as a speaker, writer, recovery ambassador, and most importantly a mentor, Shannon reaches out to those who are hurting, and to those who can help, to bring whole communities together.

Presentations:

>Wed., February 29. at 7:00 pm, Ames
>Fri., March 2, at 7:30 pm, Urbandale



The **Eating Disorder Coalition of Iowa (EDCI)** has been a dream for many professionals, individuals struggling with eating disorders and families supporting their loved ones for many, many years. It is time for Iowans to have a centralized network organization for: prevention, resource information, referrals for treatment, and support when they or someone they love or work with is struggling with an eating disorder

supporting their loved ones for many, many years. It is time for Iowans to have a centralized network organization for: prevention, resource information, referrals for treatment, and support when they or someone they love or work with is struggling with an eating disorder

The **mission** of the Eating Disorder Coalition of Iowa is to prevent eating disorders and to serve as a catalyst of hope, acceptance, understanding, and healing for all impacted by eating disorders.

The Eating Disorder Coalition of Iowa **envisions** an Iowa without eating disorders... we hope you agree with our passion and will help us spread the word about the important work this coalition is starting.

For general questions, sponsorship opportunities, or to volunteer, please visit the Eating Disorder Coalition of Iowa website www.edciowa.org.

Like us on facebook.

PLATINUM Sponsor: McCallum Place (MO)

GOLD Sponsor: Rogers Memorial Hospital (WI)

SILVER Sponsor: CRC Health Group (CA)

BRONZE Sponsors: Alexian Brothers, Health System, Eating Recovery Center (Denver), Counseling Associates of Central Iowa, Pine Rest Christian Mental Health Services (Des Moines)



i am
enough

EATING DISORDERS AWARENESS 2012

WED. FEBRUARY 29

SPEAKER SHANNON CUTTS
"Beauty Undressed" 7 pm
*Iowa State University
Memorial Union Great Hall
2229 Lincoln Way, Ames*

FRI. MARCH 2

SILENT AUCTION 6:30 pm
SPEAKER SHANNON CUTTS
"Beauty Undressed" 7:30 pm*

*Walnut Hills United Methodist Church
12321 Hickman Rd., Urbandale*

SAT. MARCH 3

SEMINARS 9:00 am*
AWARENESS WALK 12:30 pm
Fundraiser

*South Middle School
2350 SE L.A. Grant Pkwy, Waukee*

*Free Will Donation

SILENT AUCTION

A silent auction will begin at 6:30 pm prior to Shannon Cutts' Friday evening presentation. All proceeds will benefit the Eating Disorder Coalition of Iowa.

Purchase balloons in honor or memory of those impacted by eating disorders.

EDUCATIONAL SEMINARS

SATURDAY MARCH 3, 2012

Waukee South Middle School
2350 SE L.A. Grant Pkwy, Waukee

REGISTRATION: A free will donation will be taken. Pre-registration is not required, but is encouraged. Pre-register on or before March 1 at edciowawalk@gmail.com.

SEMINARS:

Three unique and insightful seminars will be offered during two sessions: 9:00-10:15 am and 10:30-11:45 am.

I Am Enough: A Personal Recovery Story

Interrupting the Cycle: Healthy Coping Skills

Eating Disorder 101: Girl Lost

LIGHT LUNCH: Sponsored by McCallum Place Noon-12:30 pm

RESOURCES

Eating Disorders Recovery materials will be available for purchase at all events.

2012 EATING DISORDERS AWARENESS WALK

SATURDAY MARCH 3, 2012

Waukee South Middle School
2350 SE L.A. Grant Pkwy, Waukee, IA

CHECK-IN BEGINS: 11:45 am

WALK STARTS: 12:30 pm

EVENT DESCRIPTION:

>Walk to raise funds for the Eating Disorder Coalition of Iowa.

>Walk to create awareness of eating disorders.



>Walk in support of, in honor of, or in memory of a loved one.

>Walk and invite friends, family, neighbors, and co-workers to join you.

REGISTRATION:

Pre-registration is not required, but is encouraged.

Please raise funds by donating and by asking others to donate to EDCl. Please let them know that you will be walking on their behalf to support awareness, prevention, and treatment of eating disorders.



Pre-register on or before March 1 at edciowawalk@gmail.com or Register on-site prior to the start of the walk.

FUNDRAISING INCENTIVE: A t-shirt will be awarded to each individual who raises \$100 or more.

RAISING FUNDS IS EASY:

Make your own donation (\$10)	\$10
Ask two co-workers for a donation (\$10 ea.)	\$20
Ask your boss for a donation (\$10)	\$10
Ask two family members for a donation (\$10 ea.)	\$20
Ask two neighbors for a donation (\$10 ea.)	\$20
Ask two people in your daily life for a donation ...coffee shop/gym/religious organization (\$10 ea.)	\$20

Total \$100

CHANGE YOUR JEANS



Don't fight your genes- change your JEANS. Accept the body you have.

At any event, drop off the jeans you no longer wear. All jeans will be donated to charity.