



FOR IMMEDIATE RELEASE

CELEBRATING ITS 10TH ANNIVERSARY!

**NATIONAL EATING DISORDERS AWARENESS WEEK
FEBRUARY 1 TO 7, 2024**

MONTREAL, JANUARY 23, 2024: – **ANOREXIA AND BULIMIA QUÉBEC (ANEB)** and **MAISON L'ÉCLAIRCIE**, two community organizations specializing in eating disorders (**EDs**), will celebrate 10 years of working together to produce **NATIONAL EATING DISORDERS AWARENESS WEEK (EDAW)** in Québec from February 1 to 7, 2024.

On that occasion, we want to recognize all the work these organizations have done over the past 10 years of **EDAW**, as well as the day-to-day efforts of private- and public-sector partners in the community.

Among other things, we'll be highlighting the past decade of achievements by the two founding organizations and some of their partners. They took action against weighing in schools, wrote letters to the editor about eating disorders, had **EDAW** acknowledged in the National Assembly, and created a concertation table of community organizations fighting against **EDs** in Québec, to give just a few examples.

The services offered by organizations such as **ANEB** and **MAISON L'ÉCLAIRCIE** are a lifeline for **ED** sufferers and people close to them. These services are specialized, accessible and free of charge. "Because the healthcare system doesn't offer enough specialized services and activities to meet the demand, and access is difficult, it's even more important to have community organizations that can provide immediate support for **ED** sufferers and their families," says Myriame Trudel, Executive Director of **MAISON L'ÉCLAIRCIE**.

For **EDAW 2024**, we also want to emphasize that despite all the work done in the community for over 10 years to raise awareness, there's still a lot to be done to educate the public and improve the support offered. "We still need to break down the stereotypes attached to **EDs**, for example that they only affect women, young people and Westerners. We must also continue to offer quality services to people living in remote areas, to support people across the province who have even less access to specialized services," explains **ANEB** Executive Director Josée Champagne.

A number of educational documents, videos and articles will be posted. There will also be events taking place throughout **EDAW** in several locations across Québec.

During the week of February 1 to 7, tools will be made available on the **EDAW website**:
<https://live.semainetroublesalimentaires.com/en>

- **EDAW** 2024 launch
- Activity guides
- Blogs
- Talks
- Educational videos
- Forum
- Events calendar

For the list of **EDAW** partners:
[Eating Disorders Awareness Week – Partners](#)

INTERVIEW REQUESTS:

To request an interview, please contact Nidem Communications.

– 30 –

INFORMATION:

Nicole Desmarais
Nidem Communications
514-815-5537
nidemcommunications@videotron.ca

NATIONAL EATING DISORDERS AWARENESS WEEK 2024

DATES: February 1 to 7, 2024
WEBSITE: <https://live.semainetroublesalimentaires.com/en>
HASHTAG: #EDAW2024