



**February 26-March 3, 2012**

[NationalEatingDisorders.org](http://NationalEatingDisorders.org)

## Free Community Events All Week Long

*Free Eating Disorder Screening at all events*

**Monday, February 27th 6:45 - 9:00 p.m.**

### "Someday Melissa" Documentary

Lahser High School Auditorium

Expert panel including: filmmaker Judy Avrin, co-executive producer Danna Markson, LCSW, psychologists Sarah Brotsky, Psy.D., Laura Fishman, LMSW, and Bethany Helfman, Psy.D., & registered dietitian Patrizia Jesue, R.D.

**Wednesday, February 29th 6:30 - 9:30 p.m.**

### "America The Beautiful 2" Screening

Oakland University, Oakland Center Banquet Room

Co-Presented by: Helfman & Associates, Nutrition Counseling Center, Laura Fishman, LMSW, Oakland University

**Tuesday, February 28th 7:00 - 8:30 p.m.**

### Media Literacy & Eating Disorders

Oakland University, Oakland Center Gold Room C

Co-Presented by: Kristine Vazzano, Ph.D. & Oakland University Faculty

**Thursday, March 1st 7:00 - 8:30 p.m.**

### The "Body Monologues"

Oakland University, O'Dowd Hall 203

Followed by patient stories of recovery  
Co-Presented by: U of M Body Peace Corps., OU Theater Department & Patrizia Jesue, R.D.

Everybody Knows  
Somebody

2012

4 out of 10 Americans either suffered, or have know someone who has suffered, from an eating disorder, which have the highest mortality rates of any psychiatric illness.

Join psychologists *Bethany Helfman, Psy.D.* & *Kristine Vazzano, Ph.D.*, registered dietitian *Patrizia Jesue, R.D.*, social worker *Laura Fishman, LMSW, Oakland University* and thousands of people in communities across the country to raise awareness about body image and bring national attention to the severity of eating disorders.



**HELFMAN  
& ASSOCIATES**



**Mindfulness**

Kristine Vazzano PhD, LP licensed clinical psychologist

**NUTRITION  
COUNSELING CENTER**

For additional information call Helfman & Associates, P.C. (248) 686-0345, extension 1