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FOR IMMEDIATE RELEASE

Aug. 9, 2007

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Girls Inc. Hosting a Town Hall Meeting on Preventing Eating Disorders

Alameda – Eating Disorders are one of the most troubling behavioral disorders in our society, robbing girls and young women of their future and, not uncommonly, their lives. These mental disorders – which include anorexia, bulimia, and six other types of eating disorders, rank among the 10 leading causes of disability among young women, and anorexia nervosa has the highest mortality rate of all mental disorders.

Furthermore, the successful treatment of people with eating disorders is still far below the successful treatment of other mental disorders – including drug and alcohol addiction.

But there is hope. Research shows that these disorders usually start during adolescence and that early detection and treatment drastically increase the chances that a girl with the disorder can get well.

That's why Girls Inc. of the Island City is hosting a Town Hall Meeting about eating disorders for parents, girls, and the community. The discussion will cover the signs, risk factors, and aspects of this problem and allow the community to dialogue with one another to discuss ways of preventing it.

Dr. Tana Clark, Ph.D – a practicing health psychologist with more than 20 years experience - will facilitate the discussion, and experts from Girls Inc. of the Island City will share how the organization is working to help girls develop the skills and self esteem that can help them avoid becoming victims of this debilitating problem.

Event Details

Town Hall Meeting: "Preventing Eating Disorders"

Date: Tuesday, Sept. 11, 2007

Time: 6:30-8:30 pm

Location: Alameda Hospital, Del Cielo Conference Room, 2nd Floor

2070 Clinton Ave., Alameda, CA 94501

Cost: \$10.00 for Adults – Youth 18 and Under Free

Pre-Registration Not Required

Healthy Refreshments Included

Sponsored by the online insurance company *Esurance*

Hosted by Girls Inc.'s Women of the 21st Century Club to raise money for and awareness about Girls Inc. programs that inspire all girls to be strong, smart, and bold^(SM).

For information about Girls Inc., visit www.girlsincislandcity.org

The mission of Girls Incorporated of the Island City is to inspire all girls to be **strong, smart and bold^(SM)** through innovative programs, activities and advocacy.