

Upcoming Programs:

Gearing up for The Elisa Project's Girls in Motion Camps



Girls in Motion has become a part of The Elisa Project. Our summer camps provide girls ages 10-12 yrs old with a unique learning experience. Pre-adolescent girls are paired with trained female mentors for discussion and education about healthy body image, exercise and nutrition. Fun games, learning to make healthy snacks, and physical activity are a part of every day. Visit our [website](#) for details on registration and cost. For more details, [click here](#).

Camp date and locations are as followed:

- **June 21st - June 25th** 9am-12pm Greenhill School Addison, TX
- **June 28th - July 1st** 9am-12pm J. Erik Jonsson Community School Dallas, TX
- **July 12th - July 15th** 9am-12pm Southern Methodist University Dallas, TX
- **July 19th - July 22nd** 9am- 12pm 1st Mexican Baptist Church, Buckner Family Services Dallas, TX
- **July 26th - July 29th** 9am- 12pm Lake Highlands United Methodist Church New Room Dallas, TX

Mentors Wanted

CALLING ANY high school senior or college age women interested in being a mentor this summer? Visit our [website](#) for a mentor application. Call (214) 369-5222 or contact [Diana Parada](#) for more information.

Join "Young Professionals" of The Elisa Project - June 4th at 11am

The Elisa Project is forming a Young Professionals group in the Dallas area. The purpose of this group is to raise funds and awareness for The Elisa Project and to serve as a way to engage young professionals in the organization's mission and programming. If you're interested in being on the ground floor of this new group please join our first planning meeting at The Elisa Project office on Friday June 4th at 11am. Please email [Jenn Grabowsky](#) if you're interested!

Highlight on The Elisa Project's Summer Interns

Becky Case

Becky is in Graduate school at the University of Texas at Dallas pursuing a Masters in Emerging Media and Communication. She is currently spearheading an effort at The Elisa Project to increase prevalence in assorted social media tools and creating video and other media for our awareness efforts. After struggling with an eating disorder herself and obtaining Bachelor's Degree in Psychology from Southern Methodist University, Becky became interested in helping The Elisa Project and their efforts.

Kristina Kaltenbach

Kristina joins The Elisa Project this summer as an ExxonMobil Intern. Kristina just completed her sophomore year at Vanderbilt University. She will be facilitating the Girls in Motion Summer Camps as well as parent education programs. Welcome Kristina!

Melanie Lerner

Melanie joins The Elisa Project this summer as an intern. She is a student at University of North Texas majoring in graphic design. She will be assisting The Elisa Project with our educational publications and materials. She was previously involved with The Elisa Project as president of the Plano West SWADE chapter and will also be assisting in developing new SWADE materials.

Diana Parada

Diana is an Intern and Program Assistant for Girls in Motion programs. She is responsible for assisting Mandy Golman, our program director, with leading camp sessions, recruiting and training mentors, promoting camp and assisting with camp preparation. She is working on this, along with assisting with other educational programming The Elisa Project will host throughout the summer. Diana is currently attending Texas Woman's University, finishing a degree in Health Studies (with a concentration on Community Health Education) in August upon completion of her internship.

Quick Links



[Learn About Eating Disorders](#)

[Find Help](#)

[News & Events](#)

[How to Help](#)

Elisa Project Staff

[Sharon Seagraves](#)
Executive Director

[Mandy Golman, PhD](#)
Director of Programs and Education

[Lisa Calhoun](#)
Information Resource Center Manager



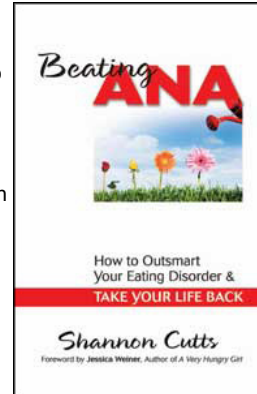
The FREED Act - Do your Part!

The FREED Act is a comprehensive bill on eating disorders addressing research, treatment, education and prevention. Contact your local representatives and encourage him or her to support the FREED Act. To learn more, visit our [website](#).

The Book Corner

Beating ANA by Shannon Cutts

Shannon Cutts uses her own battle with an eating disorder and successful recovery to take readers on a journey of self-discovery and healing in her book *Beating ANA*. While honestly disclosing her personal struggle, the emphasis is on recovery and her compassionate, inspiring prose truly seeks to empower and motivate others to heal. Cutts provides creative yet practical tools and advice including short exercises she calls "Recovery Workshops" at the end of each chapter to further engage the reader in a personal healing process. Everything in this inventive, unique self-help book works because it encourages those struggling with recovery to confront destructive thinking patterns with empathy, understanding, and perseverance. In addition, Cutts illustrates what she believes to be the key to successful recovery: a strong support system of family, friends, and mentors. Intended as tool for those struggling with eating disorders (especially Anorexia), this book is recommended to anyone treating eating disorders and loved ones of those struggling as it lends a personal perspective of the recovery process lacking in many other guides.



The Elisa Project

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