

MentorCONNECT Teleconference Series

Call-In Instructions for “Fat Talk Free Week”: September 16th, 2009

Dear Teleconference Participant:

We are excited to welcome you to this month’s *MentorCONNECT* Teleconference Series on Wednesday, September 16th. This month we are presenting “Fat Talk Free Week” with eating disorders recovery experts Dr. Carolyn Becker and Sarah Williamson from the nationally-acclaimed *Reflections: Body Image Program*[™].

In this Teleconference you will learn about “body activism” as you prepare to take part in “Fat Talk Free Week”, a national 5-day public awareness effort to draw attention to body image issues and the damaging impact of the “thin ideal” on women in society. In this teleconference you will learn how to control the thoughts you think and the words you speak and in this way activate your own personal power to affect positive change and literally prevent eating disorders! For more information visit *Reflections* on the web at: www.bodyimageprogram.com

Here are the details for the call:

Date: Wednesday, September 16th, 2009

Time: 8:00–9:15pm Central Time
(Not sure what time that is for you? Go here and find out:
<http://www.timeanddate.com/worldclock/converter.html>)

Call-in Number: (712) 432-0075

Participant Access Code: 664988

Preparation: As a courtesy to our presenter and other participants, please review participation guidelines (NOTE: we are recording this for your continued use and the quality of our recording depends on each participant following these instructions):

- Select a QUIET location from which to attend the teleconference
- SILENCE any and all background noise prior to calling in
- Mute your phone BEFORE dialing the call-in number to minimize distracting beeps
- DISABLE call waiting on your phone system
- Plan to enter and exit the teleconference silently
- If you must come late or leave early, do not disturb other participants
- WAIT for the host and/or presenter to invite questions or comments before speaking
- Be sure to dial in a few minutes EARLY so we can start right on time!

Playback: A permanent podcast version of this presentation will be posted on the MentorCONNECT Teleconference Archive site. Please bookmark the podcast link for easy reference: www.mentorconnect.podbean.com

FREE GIFT: As a part of your participation in this teleconference, you will receive a complimentary subscription to *Good News for Eating Disorders Recovery*, our monthly news & events e-newsletter. Your information will be kept strictly confidential, and you are always welcome to unsubscribe at any time.

Technical support: If you have any concerns about dialing in, we encourage you to review the instructions in this email prior to the teleconference as we will be unable to offer individualized technical support

Warmly,



Shannon Cutts

Founder/Director of MentorCONNECT: Where Relationships Replace Eating Disorders