



**Park Nicollet**

**FOR IMMEDIATE RELEASE**

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## **NATIONAL EATING DISORDERS AWARENESS WEEK IS FEB. 23-27**

### ***Methodist Hospital Eating Disorders Institute is Minnesota Coordinator for Events***

#### **Park Nicollet Melrose Institute, largest eating disorders treatment facility in Midwest, scheduled to open March 16**

**ST. LOUIS PARK, MN (Feb. 23, 2009)** – The week of February 23–27, 2009 is the 22<sup>nd</sup> annual National Eating Disorders Awareness Week, the nation’s largest eating disorders outreach effort. Here in Minnesota, Eating Disorders Awareness Week outreach efforts are being led by Methodist Hospital’s Eating Disorders Institute.

Local events include Media Day and lobbying efforts at the state capital (Monday the 23<sup>rd</sup>) and the presentation “It’s the inside that counts: Preventing eating disorders and empowering strengths among youth,” on Thursday, February 26 at St. Louis Park City Hall. On Friday, February 27, Buddy Howard, author of “Give Her this Day, Her Daily Bread” will discuss his family’s personal experience with eating disorders. Mr. Howard also is a board member of the National Eating Disorders Association. That event takes place at 6:00 pm at Park Nicollet Methodist Hospital. Call 952-993-6555 for more information.

Eating Disorders Awareness Week comes less than a month before the opening of Park Nicollet Melrose Institute, a freestanding facility specially designed and dedicated solely to eating disorders.

Melrose Institute will be the largest eating disorders treatment program in the Upper Midwest. At three storeys and 67,000 square feet, Melrose Institute can treat more than 1,200 patients and includes a 30-bed inpatient unit and nine residential beds. Melrose Institute will provide family focused care and individualized treatment plans that include medical care, nutrition counseling, psychiatric services and psychotherapy.

For more information on eating disorders, visit: <http://www.parknicollet.com/methodist/edi/>. For information about Park Nicollet Melrose Institute, visit: <http://www.parknicollet.com/melrose/>.

#### ***EDITORS:***

***Experts in eating disorders from Methodist Hospital Eating Disorders Institute  
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