

**NAMI Athens Speaker Series
at
The Athens Public Library
ANOREXIA NERVOSA**

Speaker: Beth Blubaugh

Eating disorders – especially anorexia nervosa – are far less easy to comprehend than most other major mental illnesses. Comments such as, “Why don’t you just force yourself to eat more?” are both ill-informed and hurtful. It’s just not that simple.



Beth Blubaugh, Executive Assistant at NAMI Ohio and the Ohio Adult Care Facilities, has suffered from anorexia for over two decades. She’ll be talking about her life with this disorder, the every-waking-hour agony it inflicts, the voice-like commands that dictate her food intake, and the extreme difficulty sufferers have in finding a cure. For a preview of what she’ll be saying, go to namiathensohio.org and click on the “radio show” icon

Time: 6:30-8:00 PM

DATE: APRIL 28, 2016

**Location: Athens Public Library, 30 Home Street,
Athens, OH 45701.**

CEUs:

1.5 for Social Workers

Nurses can submit social work certificates to the nursing board for full credit.

.15 for Athens Public School Teachers