

INTRODUCING:

EVERYBODY BELONGS IN BOZEMAN

Community Events & Fundraiser

Sunday, May 16 - Saturday, May 22, 2021

The Eating Disorder Center of Montana (EDCMT) is partnering with other local Bozeman businesses to highlight the importance of having a body inclusive community and that we all belong in Bozeman, no matter the shape or size of our body. The “Every Body Belongs in Bozeman” campaign is a week-long community initiative and fundraiser, taking place May 16-22, 2021, during Mental Health Awareness month.

The week will include a virtual book club discussing [Radical Belonging](#) with a Q&A session with its author Lindo Bacon; an in-person yoga session at the Mountain Project; an in-person theme ride at Zephyr Cycling Studio; a special cookie from Wild Crumb; a virtual silent auction with donated items; and two lunch-and-learns hosted by two of the Eating Disorder Center’s registered dietitians.

All events are free (with the exception of the theme ride at Zephyr Cycling Studio) with donations encouraged to Suffer Out Loud and/or Project Heal.

Suffer Out Loud is a local non-profit working to end suicide in Montana. Eating disorder sufferers are at greater risk of suicide, and Suffer Out Loud is an incredible, local resource.

Project Heal is a national non-profit that helps eating disorder patients access care. There are often multiple barriers to receiving eating disorder treatment, and those most marginalized often struggle to access and pay for care. Project Heal is working to remove those barriers.

Objectives of Every Body Belongs in Bozeman

- Bring attention to the importance of having a body inclusive community
- Highlight that all bodies are deserving of respect, care and nourishment - no matter what (adapted from [Evelyn Tribole](#))
- Demonstrate Bozeman’s capacity for equity and empathy

- Raise money for organizations doing important work in mental health and eating disorder treatment

Key Events

**Every Body Belongs in Bozeman - Virtual Silent Auction and Fundraising for Non-Profits
All Week - Starts Sunday, May 7, 7 pm and Ends Friday, May 21, 7 pm**

Where: EveryBodyBelongsinBozeman.com

- Virtual Silent Auction items include:
 - Virtual 1 on 1 with author and educator Lindo Bacon
 - One-night stay at The LARK Bozeman
 - Photoshoot with Tori Pintar Photography
 - Community Gift Basket featuring 5 punch pass to The Mountain Project, coffee beans from Treeline, gift card to Wild Joe*s, HeyDay goodies and more....
- Fundraising throughout the week:
 - All events (except the Theme Ride at Zephyr Cycling Studio) are free to attend; however, donations are appreciated for Project Heal and Suffer Out Loud
 - Donations can be made through EveryBodyBelongsinBozeman.com
 - All funds raised will be split equally between the two non-profits
 - EDCMT will donate \$250 to Project Heal and \$250 to Suffer Out Loud

Every Body Belongs in Bozeman - Special Themed Cookie at [Wild Crumb](#)

All Week

Where: [Wild Crumb](#)

- Wild Crumb is creating a special themed cookie to celebrate Every Body Belongs
- All proceeds from the cookie will go to Suffer Out Loud and Project Heal
- There will also be an Every Body Belongs in Bozeman display promoting the initiative and the non-profits

In-Person Yoga with [EDCMT's Katie Comeau](#) & [Girl, Get After It](#)

Sunday, May 16, 4 pm, FREE

Where: [The Mountain Project](#)

- Start the week with the Eating Disorder Center's trauma sensitive yoga instructor
- Sign up at EveryBodyBelongsinBozeman.com
- Socially distanced and safe
- Free; donations appreciated for Suffer Out Loud and/or Project Heal
- Girl, Get After It goodies for attendees
- Post yoga hang with snacks and drinks sponsored by Girl, Get After It
- Hosted at The Mountain Project, space donated by owner Mike Wolfe

Every Body Belongs in Bozeman - Theme Ride at [Zephyr Cycling Studio](#)

Monday, May 17, 7 pm

Where: [The Rialto, Zephyr Cycling Studio's Space](#)

- Help spread the weight inclusive message among the fitness community

- Sign up at zephyrcyclingstudio.com and add a donation to Suffer Out Loud to your ride
- Every Body Belongs in Bozeman will be present with some info and details about the initiative, Suffer Out Loud and Project Heal

Every Body Belongs in Bozeman - Virtual Lunch-and-Learn with [Lauren Stille, EDCMT Registered Dietitian \(RD\)](#), “Navigating Conversations away from Body Talk & Diets”

Tuesday, May 18, 12-12:30 pm, FREE

Where: [EDCMT Instagram LIVE](#)

- Listen to practical, real life information of how to be body inclusive personally and in your community
- How to participate:
 - Follow the [Eating Disorder Center of Montana](#) on Instagram
 - At 12 pm on Tuesday, May 18, launch Instagram and look for @eatingdisordercentermt in your Instagram Stories
- Free; donations appreciated for Suffer Out Loud and/or Project Heal

Every Body Belongs in Bozeman - Virtual Book Club Featuring Author Lindo Bacon, “[Radical Belonging: How to Survive and Thrive in an Unjust World](#)”

Wednesday, May 19, 7-9 pm, FREE

Where: [Suffer Out Loud Instagram LIVE](#)

- Community-wide virtual book club discussion on [Radical Belonging: How to Survive and Thrive in an Unjust World \(While Transforming it for the Better\)](#), written by [Lindo Bacon, author of Health at Every Size](#)
- Discussion led by EDCMT dietitian Rebecca Cawood, EDCMT online community manager Tori Pintar, with special guest for a Q&A at the end, **author Lindo Bacon**
- Free; donations appreciated for Suffer Out Loud and/or Project Heal
- How to participate:
 - Follow [Suffer Out Loud](#) on Instagram
 - At 12 pm on Tuesday, May 18, launch Instagram and look for @sufferoutloud in your Instagram Stories
- The book will be displayed in Country Bookshelf’s window display with other books that support mental health awareness and size inclusivity

Every Body Belongs in Bozeman - Virtual Lunch-and-Learn with [Rebecca Cawood, EDCMT Registered Dietitian](#), “Real Life Body Neutrality”

Thursday, May 20, 12-12:30 pm, FREE

Where: [EDCMT Instagram LIVE](#)

- Listen to practical, real life information of how to be body inclusive personally and in your community
- Free; donations appreciated for Suffer Out Loud and/or Project Heal
- How to participate:
 - Follow the [Eating Disorder Center of Montana](#) on Instagram

- At 12 pm on Tuesday, May 18, launch Instagram and look for @eatingdisordercentermt in your Instagram Stories

Every Body Belongs in Bozeman - Virtual Silent Auction and Fundraising for Non-Profits Closes on Friday, May 27, 7 pm

Where: EveryBodyBelongsinBozeman.com

- Virtual Silent Auction items include:
 - Virtual 1 on 1 with author and educator Lindo Bacon
 - One-night stay at The LARK Bozeman
 - Photoshoot with Tori Pintar Photography
 - Community Gift Basket featuring 5 punch pass to The Mountain Project, coffee beans from Treeline, gift card to Wild Joe's, HeyDay goodies and more....

Interested in promoting the event or donating to the virtual silent auction?

If you are interested in being part of this initiative, please contact Alli Quist and Tori Pintar from EDCMT.

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About EDCMT The [Eating Disorder Center of Montana](http://EatingDisorderCenterofMontana.com) (EDCMT) was founded in 2013 to meet a community and regional need for specialized treatment for food and body disorders. Eating disorders are common and serious mental illnesses, yet access to care is often limited. Our founders saw this gap in care in southwest Montana and began building EDCMT to create the kind of healing, approachable environment that would truly give all those impacted the best chance at lifelong recovery.

Located in historic downtown Bozeman, we offer comprehensive treatment through our in-person and virtual outpatient, intensive outpatient and partial hospitalization/day treatment programs.