

PRESS RELEASE: April 28 – 30, 2006

“Dieting: At War with our Bodies”
see it on International No Diet Day
May 6, 2006

Forget the notion that weight-loss equals happiness

Organizers of International No Diet Day celebrations are now preparing for their 15th annual awareness campaign.

A screening of the recently released Canadian film ***Dieting: At War with our Bodies*** will be this year's INDD event. This film challenges its viewer to ignore society's ideals and abandon a culture that promotes thinness, congratulates the dieter, and demoralizes the fat. Christie McNabb, producer of the documentary, shares her reason for producing the film. "Watching a loved one suffer from an eating disorder made me very aware of our society's damaging attitudes about weight. I wanted to be a part of changing those attitudes".

Follow a group of nondieters as they face life with a new attitude of health and acceptance. Hear from a divergent obesity researcher. Follow trend-setters as they affirm that weight loss is unnecessary to obtain health and happiness.

Dieting: At War with our Bodies defies the dominant diet culture, suggesting that we reclaim health, not weight loss, as our lifestyle change goal and let the fat fall where it may.

This year's Coordinator of International No Diet Day local resident Linda Omichinski, RD says that Canada, United States, Australia, New Zealand, South Africa, Iceland, Malta, and Korea will be participating in the worldwide event. An event will take place locally on May 6 at Trinity United Church, 15 Tupper St. S in Portage La Prairie at 7 pm followed by a panel discussion with Dr. Moe Lerner, Al Levine, Byran Gusdal, MA and Linda Omichinski, RD. The event will also be a Habitat for Humanity Fundraiser.

For more information regarding International No Diet Day contact:

www.trinityunitedportage.com or call Linda Omichinski 428 3432

<http://www.nedic.ca/EducationWeekINDD2006.shtml> (press release with stats)