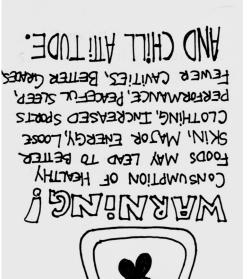


SEDAMI YOOD EVITADEN A BOUT EATING, OR HAS A LAS TROUGLESOME THOUGHTS DO YOU HAVE A FRIEND WHO







tor tree, 24/7 support.

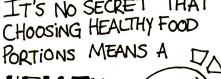
immediately, text "NEDA" to 741741

If you are in a crisis and need help

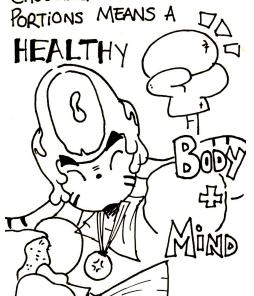
at 800-931-2237.

National Eating Disorder Association





IT'S NO SECRET THAT CHOOSING HEALTHY FOOD PORTIONS MEANS A















Zines for Teens! Art is by Alexandra Baez from **Torrington High School in** Connecticut.

Northwest Community Bank

NWCT ARTS COUNCIL

A copy of this zine and additional

resources can be downloaded at www.LCOTF.org/zines

**Revised May 2022** 

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