



**CELEBRATING**  
**THE PLEASURES**  
**OF EATING**

**CHARITY EVENT**  
**MAY 12TH 2020 5:30 PM**

KAMPAI GARDEN  
1616, STE-CATHERINE STREET W,  
MONTREAL, QC

**aneb**

Anorexie et boulimie Québec

5500, route Transcanadienne  
Pointe-Claire (Québec) H9R 1B6  
info@anebquebec.com

SPONSORSHIP PLAN

# HONORARY PRESIDENT'S MESSAGE

I am delighted to invite you to come celebrate the pleasures of eating at the 13th edition of ANEB's Charity Event on Tuesday, May 12th 2020.

People suffering from eating disorders do not associate celebration and pleasures with eating. Anorexia and Bulimia Quebec (ANEB) assists people suffering from eating disorders of all types. Eating disorders are a form of mental illness that does not discriminate. No one is immune to developing a dysfunctional relationship with food.

For more than 30 years, ANEB has helped individuals suffering from eating disorders by offering complementary services to the medical and therapeutic treatments provided in the health system. ANEB also provides support to friends and loved ones of persons suffering from eating disorders. ANEB ensures public awareness concerning eating disorders by disseminating relevant and reliable information via its web site, in social media and in its newsletters.

Until quite recently, I knew very little about eating disorders. They are generally unknown and individuals who suffer from them are often subjected to negative biases, misunderstanding and social disapproval. Friends and loved ones feel distraught, powerless and helpless. ANEB demystified eating disorders by providing trustworthy information in a timely fashion, and helped me better understand the complex reality of afflicted individuals. Thus, ANEB fulfills a real need in our community by offering outstanding support to individuals suffering from eating disorders and their loved ones.

ANEB's work is made possible thanks to your financial support. Please join us on May 12th for a festive celebration of food! Your donations and sponsorships for this benefit gala will allow ANEB to pursue its mission of helping people with eating disorders along the path to recovery, so they too can rediscover "the pleasures of eating".

Thank you.



Elaine Marchand

Vice President,  
Planning and Tax Risk,  
Tax Counsel

# A WORD FROM THE EXECUTIVE DIRECTOR AND THE PRESIDENT OF THE BOARD OF DIRECTORS

A simple thing like sitting down to a meal can be anything but simple. When you have an eating disorder, mealtime can become an anxiety-filled experience where you have to scheme, argue with your family, and go through agonizing interior struggle. Your loved ones, too, come to dread these times, since some of them will never be able to enjoy a relaxed meal with you.

Eating should not be complicated for anyone, whether they have an eating disorder or not. But who has never felt guilty about eating a “forbidden” food? Who has never felt uncomfortable and bloated after eating too much?

Food: A four-letter word that evokes a sea of emotions.

Food should be a source of pleasure and discovery, and eating should be an activity where we replenish and give thanks to our bodies. Dinner should be a time when family members sit down together and talk about their day, or when people gather to make new acquaintances and enjoy each other’s company, as they do at our Charity Event. For our 2020 edition, Anorexia and Bulimia Quebec (ANEB) has organized once again a gastronomical evening so that, together, we can celebrate the pleasures of eating.

Many of you contributed to the success of our past fundraisers through your attendance and your sponsorships, and we’re extremely grateful. It’s such a privilege to know that you share our values and our desire to help ED sufferers. With this in mind, we invite you once again to sponsor our Charity Event, to be held on May 12th 2020. Your sponsorship will showcase your company in many ways and give you a chance to network with some very dynamic personalities. But beyond celebrating the pleasures of eating, beyond the networking opportunities, your contribution will enable ANEB to help thousands of people heal their relationship with food and with their bodies.



**Josée Champagne**  
Executive Director,  
ANEB



**Sybil Dahan**  
President of the Board  
of Directors, ANEB

# DID YOU KNOW?

1

Did you know that eating disorders continue to be considered by some as life choices and about vanity?

2

Did you know that approximately 300 000 people in Quebec are at risk of developing an eating disorder?

3

Did you know that men also suffer from eating disorders? Between 5% to 10% of those suffering from anorexia and between 10% to 15% of those suffering from bulimia are men.

4

Did you know that according to The Canadian Society of Pediatrics (2003), eating disorders are the third common chronic illness among adolescents ?

5

Did you know that eating disorders have the highest mortality rate of any mental illness.

6

Did you know that some people can wait for a year or more before receiving the help they need? The severity of the eating disorder may influence the waiting time.

7

Did you know that men represent the highest proportion of those diagnosed with Binge Eating Disorder (2 men for 3 women)?

8

Did you know that children as young as 9 years old are hospitalized at the CHU Ste-Justine for anorexia?

9

Did you know that between 5% and 20% of people who suffer from anorexia in Canada, die from complications related to their eating disorder?

10

Did you know that 80.97% of adolescents and 75.38% of adults diagnosed with an eating disorder actually suffer from an « Eating Disorder Not Otherwise Specified » making this the most popular eating disorder?

11

Did you know that there has been an increase of 44% in the number of hospitalizations for eating disorders at the CHU Ste-Justine between 2008 and 2013?

12

Did you know that approximately 3% of women suffer from a severe eating disorder and that at least 10% of women between the ages of 13 and 30 in Quebec suffer from a moderate to severe eating disorder?



# CHARITY EVENT

ANEB's Charity Event will be held on May 12th, 2020, at the restaurant Kampai Garden, 1616 Ste-Catherine street W, under the theme "Celebrating the Pleasures of Eating".

Some 350 guests of note from the Quebec business community will gather in this unique venue to enjoy Festive hors d'œuvres elegantly crafted by Montreal Chef Antonio Park.



## AGENDA FOR THE EVENING

- 5:30 p.m. Arrival of guests and start of silent auction
- 6:30 p.m. Speeches
- 6:45 p.m. Festive hors d'œuvres with food bars
- 8:30 p.m. Close of evening



# SPONSORSHIP PLAN

Sponsorship	CHAMPION	DEFENDER	SUPPORTER	ADVOCATE	BENEFACTOR	CONTRIBUTOR	SERVICES
<b>Total</b>	<b>\$50,000</b>	<b>\$35,000</b>	<b>\$25,000</b>	<b>\$15,000</b>	<b>\$10,000</b>	<b>\$5,000</b>	
<b>What you will receive</b>							
Exclusivity in your business line and title sponsorship	•						
Video message from a representative of your company shared on social media and our Web site (may be posted 2 or 3 times during the year)	•						
Speech by a representative of your company at our Benefit Gala (if desired)	•						
Acknowledgment of your company in our press releases, including a quote from one of your representatives	•	•					
Access to our members for an exclusive market offer of your brand (certain conditions apply)	•	•					
Profile of your company and its involvement in our communication tools (e.g., social media and newsletter)	•	•	•				
Content offering for your company	•	•	•				
Information session for your employees	•	•	•	•			
Placement of a banner or flag at events and distribution of promotional material to guests at our Benefit Gala	•	•	•	•			
Your logo on our Web site with a link to your company's site	•	•	•	•			
Banner with your logo as a page footer in our newsletter	•	•	•	•			
Your company's logo on our Web site (no link)	•	•	•	•	•		
Reference to your company in our annual report	•	•	•	•	•	•	•
Your company's logo in our program and on banners at the gala	•	•	•	•	•	•	•
Networking at our fundraising gala (no. of tickets)	<b>20</b>	<b>10</b>	<b>10</b>	<b>8</b>	<b>6</b>	<b>4</b>	<b>2</b>

# REGISTRATION FORM

Business: \_\_\_\_\_

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone : (        ) \_\_\_\_\_ Fax: (        ) \_\_\_\_\_

Courriel : \_\_\_\_\_

## I wish to sponsor the evening

please check the level of sponsorship

- Champion (50 000 \$)       Defender (35 000 \$)       Supporter (25 000 \$)  
 Advocate (15 000 \$)       Benefactor (10 000 \$)       Contributor (5 000 \$)

## I wish to buy tickets

please check the type and number of tickets

### TICKETS

\$ 275 x \_\_\_\_\_ = \$ \_\_\_\_\_

(a tax receipt of \$200 will be issued)

### PURCHASE OF 10 TICKETS

\$ 2 500 x \_\_\_\_\_ = \$ \_\_\_\_\_ (a tax receipt of \$1 750 will be issued)

## I wish to make a monetary donation

In the amount of: \$ \_\_\_\_\_ (you will be given a tax receipt)

- Here is my check addressed to the order of ANEB Québec       I wish to receive an invoice

**FOR FURTHER INFORMATION, PLEASE CONTACT JOSÉE CHAMPAGNE, EXECUTIVE DIRECTOR OF ANEB QUEBEC, AT 514 630-0907 OR 1 800 630-0907 OR [jchampagne@anebquebec.com](mailto:jchampagne@anebquebec.com)**

**PLEASE SEND YOUR COMPLETED REGISTRATION AND YOUR CHECK TO THE FOLLOWING ADDRESS:  
ANEB QUEBEC / 5500, TRANSCANADIENNE, POINTE-CLAIRE, QUÉBEC H9R 1B6**

# SILENT AUCTION

In the past few years, the items up for bid have included jewellery, artworks, gift packages, collectibles, vintage wine, Canadian hotel chain and magazine gift certificates, exciting vacation getaways, and much more!

Please be generous and donate an item. A small gesture can make such a big difference.

I wish to make a donation to the silent auction.

Business: \_\_\_\_\_

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone : (        ) \_\_\_\_\_ Fax: (        ) \_\_\_\_\_

Courriel : \_\_\_\_\_

## Donation Details

Description of the donation: \_\_\_\_\_

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Donation conditions or restrictions: \_\_\_\_\_

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Estimated value: \$ \_\_\_\_\_ (based on the retail price)

Minimum bid recommended: \$ \_\_\_\_\_

I would like a tax receipt for the market value of the donation.

Kindly send this duly completed form as well as a vector file (.AI or .EPS) for your organization's logo to [jchampagne@anebquebec.com](mailto:jchampagne@anebquebec.com).

We sincerely thank you for your generosity. Your donations are crucial in helping us ensure this fundraising event is a success.

# PARTNER/SUPPLIER OF GOODS AND SERVICES

We are continually seeking professional partners who, in light of their expertise, can help us make this event a success. By supporting our cause, you raise awareness for your product or service among prestigious business clients.

In exchange for your product or service, we offer you the same value in visibility, as outlined in our sponsorship plan.

I wish to be a partner or supplier of goods and services.

Business: \_\_\_\_\_

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone : (        ) \_\_\_\_\_ Fax: (        ) \_\_\_\_\_

Courriel : \_\_\_\_\_

## Product/Service Details

Description of the product/service:

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Value of the product/service: \$ \_\_\_\_\_

(Please note that a tax receipt is not issued for sponsorships.)

Kindly send this duly completed form as well as a vector file (.AI or .EPS) for your organization's logo to [jchampagne@anebquebec.com](mailto:jchampagne@anebquebec.com).

We sincerely thank you for your generosity. Your donations are crucial in helping us ensure this fundraising event is a success.



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Anorexie et boulimie Québec

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1 800 630-0907 (toll free)

[anebquebec.com](http://anebquebec.com)