

**JÉRÔME FERRER AND HELENA LOUREIRO
JOIN THE FIGHT AGAINST EATING DISORDERS
IN A CHARITY EVENT FOR ANOREXIA AND BULIMIA QUÉBEC**

POINTE-CLAIRE, MARCH 29, 2018 – On April 24, Anorexia and Bulimia Québec (ANEB) will hold a Charity Event at Portus 360, under the theme “**CELEBRATING THE PLEASURES OF EATING**”. It will be a festive evening featuring renowned chefs Jérôme Ferrer and Helena Loureiro, whose elegantly crafted hors d’œuvres will be offered at gastronomical food bars. All proceeds will go to ANEB so that it can continue its work in the fight against eating disorders.

“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 an agonizing interior struggle,” ANEB’s Executive Director, Josée Champagne, explains. “And your loved ones come to dread these times, since some of them will never be able to enjoy a relaxed meal with you.”

Joining forces with ANEB for this event, Chefs Ferrer and Loureiro echo the sentiment that eating is a sociable activity and a source of pleasure, and that it’s possible for someone with an eating disorder to regain the capacity to experience it as such.

“As a woman, I find the issue of eating disorders to be extremely important,” adds Helena Loureiro. “In my country, food is something people get together to enjoy and celebrate. On April 24, in a restaurant I really love—namely, my own Portus 360—I’ll be sharing my passion for the art of gastronomy.”

According to Jérôme Ferrer, “Cooking is the art of using history-laden ingredients to create happiness!” The evening is bound to be filled with hope, joy and pleasure.

In addition to supporting the cause and helping ANEB pursue and expand its work, guests will have the opportunity to network and to meet inspiring people. The MCs will be radio and TV personalities Anaïs Guertin-Lacroix and Jordan Dupuis. As ANEB ambassadors, Anaïs and Jordan frequently speak in public to raise awareness about eating disorders, which still today are seen as mysterious and even taboo, despite the fact that they have the highest mortality rate of any mental illness. In fact, these two energetic volunteers are living proof that it is possible to recover and to escape from the hell of an eating disorder. Through their involvement with ANEB, they show us that it’s possible to build a healthier relationship with food.

INFORMATION – ANEB BENEFIT GALA

DATE: Tuesday, April 24, 2018
TICKETS: \$275 (includes a tax receipt for \$200)

For more information or to purchase a ticket: anebquebec.com/en/event/soiree-benefice-2018-nouvelle-formule

If you are unable to attend, you can make a donation here: anebquebec.com/en/faites-un-don

ANEB NEWS: NEW SUPPORT GROUPS STARTING IN MAY 2018

Do you feel powerless or frustrated because someone in your life (spouse, family member, friend...) is struggling with an eating disorder? We're launching new closed support groups in May for people like you. You'll learn skills and strategies that will open up channels of communication with the person you want to help. You can sign up now by calling us at 514 630-0907 (Montréal) or 1 800 630-0907 (elsewhere in Québec). For more information: anebquebec.com/en/services/groupe-de-soutiens-fermes/pour-les-proches

INTERVIEW REQUESTS

To request an interview with chefs Jérôme Ferrer and Helena Loureiro or ANEB's Executive Director, Josée Champagne, just contact **NIDEM COMMUNICATIONS**.

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FOR FURTHER INFORMATION:

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