

Congratulations to Rutgers University Nutrition Club



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[Student Involvement \(Office of\)](#)



With the support of the National Eating Disorder Association (NEDA), Rutgers University Nutrition Club puts together an Eating Disorder Awareness Seminar.

Our officers collaborated with the Rutgers Eating Disorder Organization last March to put together an Eating Disorder Awareness Seminar (during Eating Disorder Awareness Week) with the goal of reducing stigma and promoting healthy relationships with food. We even received the support of the National Eating Disorder Association (NEDA). Our speakers included Judith Oshinsky, a LCSW who specialized in adolescent eating disorder trauma. We also had **Laura Cipullo**, a Certified Eating Disorder Registered Dietitian/author. Last, we had Greta Gleissner a former Radio City Music Hall Rockette who battled bulimia, became a LCSW and started her own business with the goal to prevent relapse in those suffering from an eating disorder as she once did. Robert Wood Johnson's eating disorder specialists came to discuss their program and pass out literature. Students were able to learn about the different manifestations of the disorder, eating habits, nutritional needs, and psychiatric symptoms and treatment. We had about 60 faculty and students in the audience. At the end of the event, students were able to share their stories, which was incredibly moving. We were honored to be able to host an event to this caliber, which was an overwhelming success. In the process of planning for this event, my treasurer Christina Chan worked diligently budgeting, our speaker coordinator Caitlin Jones was communicating constantly with speakers, and as a whole we coordinated like a well-oiled machine to organize for promote the event on a wide range of media. I could not be more proud of the capabilities our organization exhibited as a whole to bring this educational and emotional event to the Rutgers community. I truly believe that it has had a profound impact we could never have expected. Communication, deadlines, and goals were the three driving factors that allowed us to achieve the success of the event.