

# HOW TO SET UP A CEA-HOW HEALTH FAIR

## WHO TO CONTACT

- Contact Medicare Agencies in your Area for a list of Health Fairs
- Contact Universities, Businesses and/or the Park District for Health Fairs
- Google on the Internet: Health Fairs in your City
- Contact Hospitals
- Contact Local Health Fair Organizations: Diabetes, Cancer, Heart, etc.

## GET THE APPLICATION AND SEND IT IN

- Remind them of your non-profit status
- Choose the Health Fairs that are within the Intergroup's Budget (They range from \$25 to \$200.)

## GATHER THE MATERIALS THAT YOU NEED

- Order the Public Information Brochure from WSO (Titled: “**Do you need help with your eating?**”)
- Have your CEA-HOW Meeting Lists Available (Make sure the Contact information for the meetings and the Intergroup are included on the lists.)
- Have Business Cards available with your website and phone number.
- Remember to put your contact information on ALL handouts
- If live meetings are minimal or not available in your area, print out copies of the phone bridge meeting list (from the CEA-HOW website) to distribute.
- Other WSO Brochures can be ordered if money is available (Ex: “Welcome to CEA-HOW,” “The CEA-HOW Concept & What It Means,” etc.)
- Put up a visible sign that says: **COMPULSIVE EATER'S ANONYMOUS-HOW**
- Make up a table sign that says: **NO DUES, NO FEES, NO WEIGH-INS**
- Bring a metal rack to display the brochures
- Use “An Abstinence Model for Compulsive Eaters” which describes the three-fold nature of our disease (copy attached).
- On a Trifold Poster Board or Easel Board, put a sign in large letters that says: **AM I A COMPULSIVE EATER?** Then type up the 14 questions in large print from the P.I. Brochure. Divide them up if using the Trifold Poster and glue/paste them on the three sections, or on one if using the Easel Poster Board. Stand this up on the table so that people can see the questions clearly (copy attached).
- Bring a tablecloth and decorate the table with artificial flowers.
- Buy paper picture frames for the volunteers to put there “before” pictures into when they arrive.
- Giveaways: If you want to, order pens or spoons with the website printed on them.
- Paper and pens.
- Visuals: You can display our tools which would include a food scale, measuring cups and spoons.

## VOLUNTEERS:

- Bring a sign-up sheet to the Intergroup Meeting and each CEA-HOW meeting and have volunteers sign up to man the booths (i.e., every one to two hours, etc) for each Health Fair date. It's good to have volunteers work in pairs if possible.

- Sign-Up Sheet: Include the Health Fair Site, Time Slots, Name of Volunteer, E-Mail, Phone Number and the Coordinator or Contact Person for the Health Fair.
- Have an Information Sheet for the Volunteers telling them specifically what to do. Include a brief job description, what they need to bring (“before” pictures, etc.), a map to and of the site, a copy of the sign-up sheet for the Health Fair with all the Volunteers and time slots and the standards and guidelines for the Health Fair.
- A minimum abstinence requirement of 30 days is suggested.

#### **HOW TO SET UP THE TABLE:**

- Come early, sign in and set up your materials.
- After putting the tablecloth on, place your poster and brochures so that they can be seen from across the room.
- Place artificial flowers in a vase to beautify the table.
- Place all materials, as outlined under GATHER THE MATERIALS THAT YOU NEED, on the table.
- Count the items you put out for Inventory Purposes.
- Volunteers need to be visible to the attendees at the Health Fair.

#### **HOW TO PRESENT THE INFORMATION:**

- Volunteers can share some of their story and show there “before” pictures on a one to one basis.
- Give out brochures and printed materials as needed.
- Direct people to meeting information, contacts, info/business cards and whatever your Intergroup has supplied.

#### **CLOSING DOWN THE TABLE:**

- Group brochures in separate envelopes or folders.
- Put everything into your box or suitcase on wheels, etc.
- Thank the coordinators of the Health Fair and ask them to put you on the contact list for the next fair.

#### **INVENTORY/WHAT IS NEEDED FOR THE NEXT HEALTH FAIR?**

- Recount all of your materials, including brochures, meeting lists, handouts, etc.
- Determine what needs to be ordered or copied to replenish the Inventory.
- Order needed materials from the Literature Chair as determined by the budget of the Intergroup.
- Keep your meeting lists, business cards, etc. up to date.
- After you receive the literature, put it in the box to be ready for the next Health Fair.

#### **SUGGESTIONS THAT HAVE BEEN USED AT SPECIFIC HEALTH FAIRS:**

- Tri-fold Poster Board
  - Can be purchased at office supply stores or stores like Wal-Mart
- The following are suggestions from the Colorado Intergroup
  - Create a calendar for Volunteers to sign up to help at the Health Fair (copy attached)
  - Suggestions for Volunteers including specific job descriptions.
  - Buy paper picture frames for people’s “before” pictures.

# **An Abstinence Model for Compulsive Eaters**

Unlike alcoholics, who must learn to live without their drug of choice, we must learn to live with ours.

The more we restrict specific foods from our diet the more likely we'll crave those foods and eventually give in to those cravings. Several studies have found a high correlation between restraint and binge eating; thus, food restriction maybe an important prelude to bingeing.

This is a critical issue to explore. Food was the major focus in our lives before recovery; for at least a year into recovery, food must continue to be a major focus. But as we're in recovery, the focus shifts to positive management of eating. Once we feel confident about our new relationship with food, we can begin to concentrate on the other areas of recovery, including relationships with others, self-esteem, and spirituality. It is through abstinence that we gain a sense of strength in managing our relationship with food.

Let's examine a proposed abstinence model in each realm of the disease.

## ***Physical Abstinence***

- Develop a sound food and exercise plan;
- Pre-plan meals;
- Do not count calories;
- Stay off the bathroom scale;
- Limit binge foods;
- Limit high fat foods, refined sugars, and carbohydrates;
- Abstain from dieting of any kind;
- Abstain from eating between meals; and
- Abstain from a sedentary lifestyle.

## ***Emotional Abstinence***

- Abstain from negative self-talk and self-deprecating thoughts;
- Abstain from pleasing others at the expense of your needs and feelings;
- Abstain from shutting off feelings or minimizing feelings;
- Abstain from isolating from others; and
- Abstain from relationships that diminish your self-worth.

## ***Spiritual Abstinence***

- Live life according to a personal value system;
- Abstain from the belief that all things in life must be dealt with alone;
- Develop a relationship with a Higher Power; and
- Let go of control and realize that being in control does not guarantee life of safety and freedom from pain.