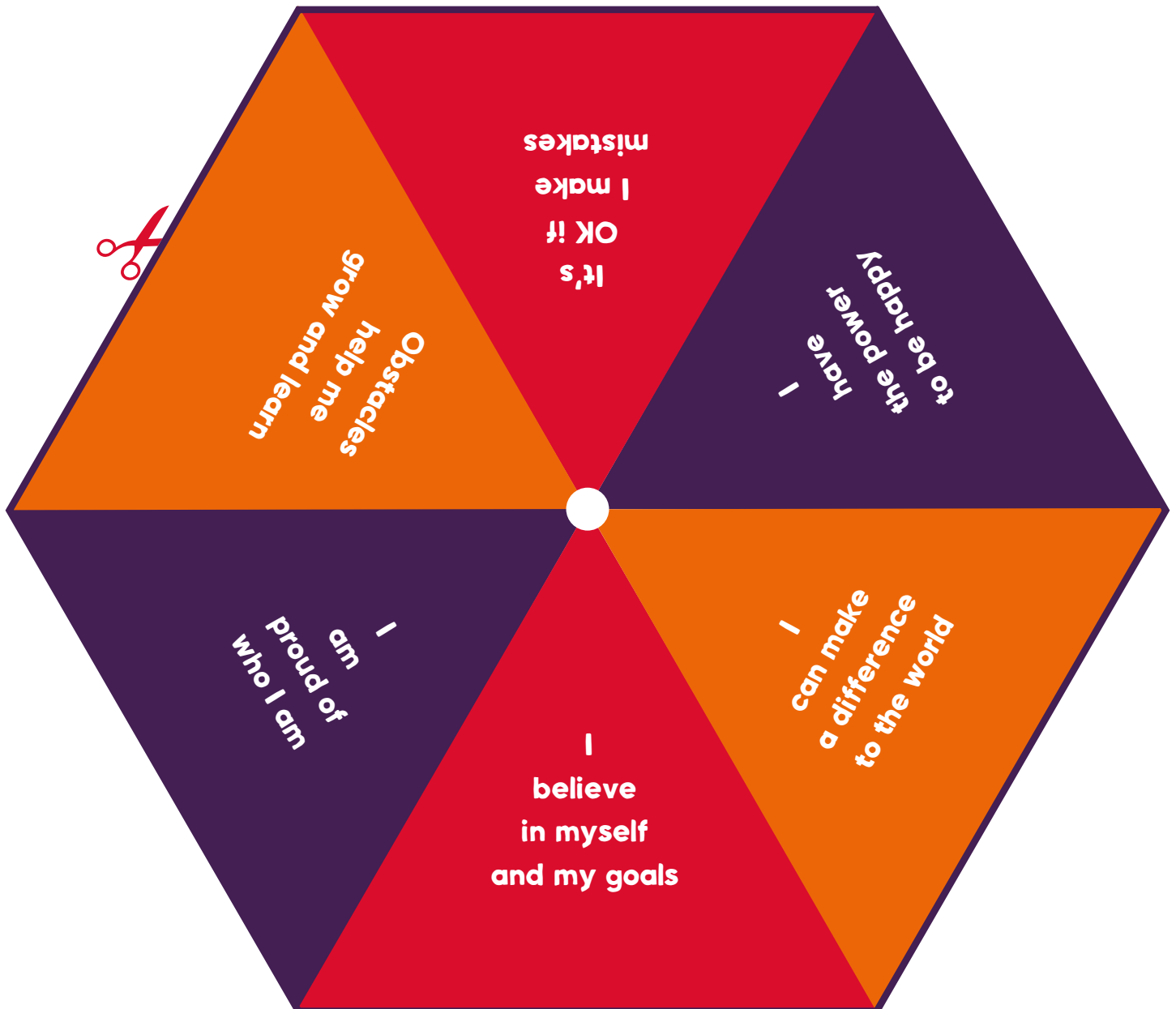


Bright and Bold

affirmation activity

Make our affirmation wheel and share as part of your fundraising activity to help spread hope and strength through Eating Disorders Awareness Week.



Cut out the affirmation wheel with 6 segments. The central part can be cut out to put around a pen, a pencil and spun!

This Eating Disorders Awareness Week, we're asking everyone to be Bright and Bold for Beat. Celebrate what makes you unique and take pride in the things that make you who you are with our affirmation wheel.