

{Anchor: xxx / LIVE}

A local organization helps people overcome eating disorders and is thriving because of the success of one of its funding sources.

Mary Peters reports on the Cafe at 407 in the village of Liverpool - a cafe with a cause.

{*** Take PKG ***}

(DURATION: 1:42)

(OUTCUE: N-C-C News.")

(PETERS - Cafe for a Cause)

(:02 pad)

(Track 1 0:06)

The cause is Ophelia's Place - where 'loving your body' is what coaches hope those with eating disorders will embrace.

{*** SOT FULL ***}

(CG: Holly Lowery/Health Coach at Ophelia's Place)

[TAKE SOT

OUTCUE:be healthy, right?"

DURATION:0'11"]

("Like I always thought about food, nutrition, health. And that was kind of where it lived, was under this health bubble. So people didn't ask too many questions. Because in our culture, it's morally right to be healthy, right?")

(Track 2 0:04)

She thought she was eating healthy...not that her relationship with food was unhealthy.

{*** SOT FULL ***}

(CG: Holly Lowery/Health Coach at Ophelia's Place)

[TAKE SOT

OUTCUE:my full potential."

DURATION:0'07"]

("This was a thing that was really disrupting my life. And not allowing me to be living at my full potential.")

{*** Stand Up***}

[TAKE SOT

OUTCUE:through this door"

DURATION:0'09"]

("Here at Ophelia's Place, people come to get support. But right when they walk through this door...")

(Track 3 0:15)

They enter the Cafe at 407 - which was created to fund Ophelia's Place.
The cafe opened in two thousand-nine when more money was needed to run the organization.
After paying employees and bills, the extra money goes to Ophelia's Place.

{*** SOT FULL ***}

(CG: Alexa DeCroix/Barista)

[TAKE SOT

OUTCUE:forget about it."

DURATION:0'16"]

("It feels better to work for somewhere where it's more than just, you're there more than just to make money.")

(Track 4 0:03)

...where they offer education about eating disorders, access to treatment...

{*** SOT FULL - NAT SOUND***}

[TAKE SOT

DURATION:0'02"]

(SOUND FROM MAKING COFFEE)

(Track 5 0:02)

...and access to nutrition guidance.

{*** SOT FULL - NAT SOUND***}

[TAKE SOT

DURATION:0'02"]

(SOUND FROM MAKING COFFEE)

(Track 6 0:05)

The cafe is a place where an eating disorder doesn't define you.
They have a place to go to be a part of a community.

{*** SOT FULL - NAT SOUND***}

[TAKE SOT

DURATION:0'05"]

(SOUND FROM MAKING COFFEE)

{*** SOT FULL ***}

(CG: Holly Lower/Health Coach at Ophelia's Place)

[TAKE SOT

OUTCUE:carry around that."

DURATION:0'07"]

("A way to blur the lines in the sand when it comes to mental health and disordered eating.
And all the stigma that we carry around that.")

(Track 7 0:03)

It is a place where everyone belongs and no one is alone.

{*** SOT FULL ***}

(CG: Holly Lowery/Health Coach at Ophelia's Place)

[TAKE SOT

OUTCUE:stuff, you know?"

DURATION:0'09"]

("It feels like a home. It feels like a safe space to just be and do my stuff, you know?")

(Track 7 0:02)

Mary Peters, NCC News

(0:08 pad)