



Fueled by the Force, Galactic Empire will bring its incredible sound and love of "Star Wars" to the Kelsey Theater in Lake Park. CONTRIBUTED

1. FANS ASSEMBLE!

Florida Supercon, Fort Lauderdale Convention Center

This family-friendly festival will include the best in comic books, anime, fantasy, sci-fi and pop culture. The event will also feature Peter Capaldi from "Doctor Who," Chandler Riggs of "The Walking Dead," Karen Gillan of "Guardians of the Galaxy," and many more.

The event is Thursday through Sunday, 1950 Eisenhower Blvd., Fort Lauderdale. Tickets start at \$25. Information: <http://floridasupercon.com>



Karen Gillan

2. SWEET TIME

"James and the Giant Peach," Maltz Jupiter Theatre

This production, based on the classic children's book, will star 50 students participating in the facility's summer program and will be directed and choreographed by Ricky Nahas.

The shows are 7:30 p.m. Friday and Saturday, 1001 E. Indiantown Road, Jupiter. Adults \$25, children \$20. Information: www.jupitertheatre.org

3. KICK BACK

Music and Movies Under the Stars featuring: "Moana," The Mizner Park Amphitheater

Enjoy this animated film which features the voices of the Auli'i Cravalho, Dwayne Johnson and Alan Tudyk. The evening also includes a Polynesian Dance performance before the movie.

The event is at 7:30 p.m. Friday, 590 Plaza Real, Boca Raton. Free. Information: www.mizneramp.com

4. TURN TO THE DARK SIDE

Galactic Empire, The Kelsey Theater

This heavy metal Star Wars cover band will rock concert goers from Alderaan to Tatooine and back. Get ready to be rocked by Darth Vader, stormtroopers, Boba Fett and an Imperial Guard. Also featuring Danger Kids.

The show is 7 p.m. Friday, 700 Park Ave., Lake Park. Tickets \$16. Information: www.thekelseytheater.com

5. LEARN SOMETHING

Politics In The Arts, Mandel Public Library

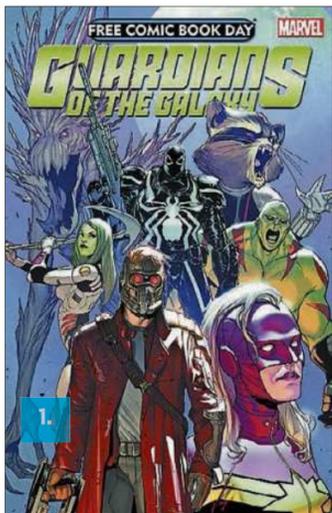
Join Kristal Boyers and explore the strong relationship between the arts and politics, particularly between various kinds of art and power that have occurred across historical epochs and cultures.

The discussion is 2:30 p.m. Thursday, 411 Clematis St., West Palm Beach. Free. Information: 561-868-7701

THE TO DO LIST

Fun things to see and experience around town

COMPILED BY POST FEATURES STAFF



ABOVE: The animated movie "Moana," featuring the voices of Auli'i Cravalho as Moana and Dwayne Johnson as Maui, will be shown Friday at the Mizner Park Amphitheater. WALT DISNEY ANIMATION STUDIOS

LEFT: Shown is a "Guardians of the Galaxy" comic book. Florida Supercon will feature an appearance from one of the cast members of the comic book's big-screen adaptation. MARVEL COMICS VIA THE NEW YORK TIMES

HEALTH NEWS

'Mended hearts' cardiac support group

Today: 6 p.m., JFK Medical Center (5301 S. Congress Ave., Atlantis); call 561-523-9996.

Free hepatitis C testing

FoundCare (2330 S. Congress Ave., West Palm Beach) is offering free hepatitis C testing for the rest of the year; call 561-472-9160.

Ongoing support groups

Regents Park Boca Raton (6363 Verde Trail, Boca Raton) offers the following free weekly support groups:

- **Tuesdays**, 6:30 to 8 p.m.: Co-Dependency Anonymous 12-Step Program;
- **Wednesdays**, 6:30 to 7:30 p.m. and 7:30 to 9 p.m.: Overeaters Anonymous;
- **Thursdays**, 6:30 to 7:30 p.m.: Overeaters Anonymous;
- **Fridays**, 7 to 9 p.m.: Overeaters Anonymous. Call

561-483-9282.

Temple Emanu-El of Palm Beach (190 N. County Road, Palm Beach) offers the following free bi-weekly support groups on the **second and fourth Thursdays** of every month: From 10 to 11:30 a.m., caregiver support group; and from 1 to 2 p.m., a bereavement support group; call 561-832-0804.

Faulk Center for Counseling (22455 Boca Rio Road, Boca Raton) offers a weekly LGBTQ support group for men and women at noon on **Fridays**; registration required; call 561-483-5300.

Futures of Palm Beach (701 Old Dixie Highway, Tequesta) hosts a weekly Nar-Anon meeting on **Thursdays** from 7 to 8 p.m.; call 561-768-3873.

For **weekly co-dependency meetings throughout Palm Beach, Martin and Broward counties**, visit coda.org.

Alzheimer's Community Care hosts support groups:

- **Tuesdays**, 1:30 to 3:30 p.m., at Alzheimer's Community Care (800 Northpoint Parkway, Suite 101-B, West Palm Beach);

Bulimia

continued from D1

ferers "struggle with their own self-restrictive behavior."

In trying so hard to control their eating habits, the exact opposite happens for binge eating/bulimia sufferers: The condition controls them.

In the journal article that focused on the appetite/satiation aspect of bulimia, researchers found through magnetic resonance imaging (MRI) that sufferers "may have elevated reward-related brain activation in response to taste," said Alice V. Ely of the Department of Psychiatry at University of California San Diego School of Medicine and principal author of the study.

"This altered neural response may explain why these individuals tend to remain driven to eat even when not hungry. If you're full and your brain is telling you to keep eating, it could contribute to loss of control," said Ely.

Such lapses in moderating one's food consump-

ABOUT EATING DISORDERS

Eating disorders affect up to 24 million Americans. 1 in 5 women struggle with an eating disorder or disordered eating. An estimated 10 to 15 percent of people with anorexia or bulimia are male. 90 percent of those who have eating disorders are women between the ages of 12 and 25. 35 percent of "normal dieters" progress to pathological dieting; of those, around 25 percent progress to partial or full-syndrome eating disorders. 20 percent of

people suffering from anorexia will prematurely die from complications related to their eating disorder. Nearly 20 percent of college-aged women in America are bulimic. Up to 5 percent of the American population suffers from binge-eating disorder (BED). Men constitute 40 percent of those exhibiting BED. Only 1 in 10 people with eating disorders receive treatment.

SOURCE: THE ALLIANCE FOR EATING DISORDERS AWARENESS

tion cause the sufferer to feel shame, regret and self-recrimination.

And thus the compulsion to purge – leading to more self-reproach.

"It's an unhealthy, self-perpetuating cycle," said Needle.

And one that's steeped in stigma and secrecy.

"When patients first begin seeing a therapist, they'll often reveal all of their other conditions –

ist who specializes in eating disorders; and a psychiatrist (to prescribe antidepressant/anti-anxiety medication if needed).

The challenge in successfully treating bulimia, said Hendelman, is that – unlike with alcohol/drug abuse – patients can't simply avoid or abstain from the conduit of the condition.

"They have to develop a new relationship with food and the role it plays – both in their daily lives and their self-image."

Hendelman avoids using the term "bulimic" when referring to those struggling with the condition because "a person is not his or her illness. A disorder shouldn't be seen as an identity."

But perhaps most importantly, Hendelman, Needle and all those in the eating-disorder community want silent sufferers to know that they're not alone, and that having an eating disorder is not something they "chose," nor is it something to be ashamed of.

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