



## PHILOSOPHY

Food doesn't have to be frustrating! Libby loves breaking down the science of how and why we eat from a "Health At Every Size®" and "Intuitive Eating" lens.

## YOU WILL LEARN

- How to take care of your magnificent body, through science (made simple)!
- When & what humans need to eat
- Easy ways to break through barriers to better health habits
- Why weight should not be used as an indicator of health

## ABOUT LIBBY PARKER

- Registered Dietitian
- Eating Disorder Expert
- Owner: Not Your Average Nutritionist, a Group Private Practice, since 2012
- Author: Permission To Eat
- B.S. & M.S. in Nutrition Science
- Musical Theatre Performer

## MORE INFO:

Video / Audio examples:  
[www.NotYourAverageNutritionist.com/speaking](http://www.NotYourAverageNutritionist.com/speaking)



## SPEAKER: LIBBY PARKER, MS, RD

*With a background in musical theatre, Libby's witty and authentic personality shines through in her bold no-BS, style.*

## PRESENTATION TOPICS:

### Eating Disorders (& College Health)

*For the public | For professionals*

- Tips for recovery
- Assessment and treatment info for non-specialists
- Taking care of yourself in college (food & body image)
- Other topics at request

### Stage Performer Health

*For performers | For educators*

- Take care of your instrument (body)
- Theatre specific tips: nutrition, fitness, digestive issues on stage, mental health, and more
- Actors, dancers, singers, musicians, drag performers, etc.

## WHAT PARTICIPANTS ARE SAYING:

**"Your group was incredible, we really appreciate you sharing your knowledge with us. We have been quoting you and referencing the knowledge you shared with us since that day."**

*-Erika Duran, Center Supervisor, Transitions Mental Health Ass.*

**"Libby presented to our staff about how different environments affect our food choices. She gave several helpful and easy tips to make better nutrition decisions. Libby is very knowledgeable, realistic, and approachable. Everyone really enjoyed the presentation and we will be asking her to return in the future. Definitely recommend!"**

*-Diana Peterson, HR, Talley Vineyards*

## TO DISCUSS YOUR UPCOMING EVENT:

Contact Libby to discuss rates and details for your event:  
**[Libby@notyouraveragenutritionist.com](mailto:Libby@notyouraveragenutritionist.com)**  
call: (805) 801-1321