



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



@NotYourAverageNutritionist



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:

Give Your Sister (and Yourself) Permission To Eat

For sororities

- What are eating disorders/disordered eating?
- How to help a friend who is/my be struggling
- Why diets are a bad idea
- 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.

"Loved This. Every college girl should hear this presentation."

and

"This was an amazing presentation. So relevant and engaging. It makes me so happy to be able to have this conversation with you all!!"

-quotes from the chat on zoom for a sorority presentation

TO DISCUSS YOUR UPCOMING EVENT:

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