



## **SPEAKER: LIBBY PARKER, MS, RD, CEDRD**

*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

### **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**

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

### **MORE INFO:**

Video / Audio examples:

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



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