



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.

GIVE YOUR SISTER (AND YOURSELF) PERMISSION TO EAT

Libby's signature workshop "Give Your Sister (And Yourself) Permission To Eat" provides sorority members a concise overview of what eating disorders may present as, and how to help a friend who may be struggling. Alongside Libby, participants will discover why diets are not sustainable at their best, and dangerous at their worst. Participants will discover the potential benefits behind learning to trust and respect their body while discussing how an eating disorder can interfere with relationships and social life. Throughout this interactive workshop discussion is highly encouraged. Participants will leave feeling empowered to support their sisters, and themselves, through redefining what health truly is.

BODY-POSITIVE NUTRITION FOR PERFORMING YOUR BEST, ON AND OFF-STAGE

Join The Broadway Dietitian for this powerhouse training. Leave with a toolkit backed by science and filled with body positivity - this is not a crash course in dieting! As artists, we need to set ourselves up for success by learning how to plan out and consume foods that will fuel our creative endeavors. Grant yourself permission to eat, and celebrate your unique body with this interactive seminar.

TO DISCUSS YOUR UPCOMING EVENT:

Contact Kara Jonsson to discuss rates and details for your event: HeartWork@KaraJonsson.com
or call: (831) 706-0582

BIO

Libby Parker, MS, RD, CDN, CEDRD is an international best-selling author, and Certified Eating Disorders Registered Dietitian. Her book, *Permission To Eat*, guides readers through eating disorder recovery with education and action steps she uses with private clients. Using intuitive eating methods and evidence based practices, Libby creates a safe and accepting learning environment. She has taught in the nutrition department at a local college since 2014, and was a recipient of the "Top 20 Under 40" award for innovative leadership in San Luis Obispo County. Libby's group practice, Not Your Average Nutritionist, provides clients with a framework to support a positive relationship with food.

Libby's sub-niche is in helping stage performers optimize their health and nutrition like the athlete they are, through weight-neutral evidence-based science. This passion comes from her background in musical theatre. Libby has been on stage most of her life, and continues to perform in regional film and theatre.

MORE INFO:



@NotYourAverageNutritionist
@TheBroadwayDietitian
www.NotYourAverageNutritionist.com
www.TheBroadwayDietitian.com