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TEEN SPEAKER TO CHAT WITH AREA KIDS DURING CHERRY CREEK HIGH TEEN AWARENESS WEEK

Hot Tips on Teenage Stress, Self-Esteem, Body Image, Eating Disorders on Menu

April 2009, Denver—Award-winning author, speaker and “role model” Lori Hanson suffered from bulimia for years. Then she took treatment decisions into her own hands and turned her life around. Her holistic solutions workshops and talks have been popular with adults and are now getting the attention of a tough crowd: young people. Hanson, formerly from Denver, has been invited back to give a series of motivational talks to students at Cherry Creek High School on April 24, as part of their Teen Awareness Week

The talks will be based on the “Hot Pastry Principles” from her book, *It Started with Pop-Tarts®...An Alternative Approach to Winning the Battle of Bulimia*, and also on her work with teens. The solutions can help young people turn around troubling eating disorders, but also improve body image, gain coping skills, manage stress and promote healthy attitudes, Hanson says. Topics include:

What do *YOU* see in the mirror?

It Started with Pop-Tarts®...My Story

Teenage Stress...Help Me OUT!

What’s on Your Mind?

In her talks, Hanson candidly describes the path she took over the years (this is where the Pop-Tarts® come in). To recover from her eating disorder, she admits she went through years of trial and error. Along the way she gained insights on why she was having problems and how to change her life for the better.

“We are extremely lucky and excited to have this role model share her experiences and educate our students with her coping methods and make an impact on our student body,” says Euna Klein, Cherry Creek Student Senate.

Hanson is founder and president of Learn2Balance, a company focused on improving the lives of others. A media favorite, she has appeared on many radio and TV shows to create awareness about the epidemic of eating disorders.

Her newest book—this one specifically for young people—is *It Started With Pop-Tarts® 2.0: Surviving & THRIVING in Your Teens*. Advanced copies will be available for purchase during Teen Awareness Week or online at www.Learn2Balance.com and Amazon.