

FOR IMMEDIATE RELEASE

“ODE TO STRESS: HOW TO SURVIVE & THRIVE IN COLLEGE”

LORI HANSON TO PRESENT SPEAKER SHOWCASE AT AFA ANNUAL MEETING

October 2009, VALENCIA, CA—Is college life stressing you out? Are you new to college and hear the freshmen fourteen calling your name? Feeling the pressure to soon be on your own and stressed about the economy and finding a job? Nationally known college speaker Lori Hanson will present her speech “Ode to Stress: How to Survive & THRIVE in college” as part of the 4th Annual Speaker Showcase that will take place at the 2009 Association of Fraternity/Sorority Advisors Annual Meeting in Jacksonville, FL, December 6 – 10, 2009.

The Speaker Showcase provides the opportunity for Annual Meeting attendees to listen to and learn about speakers available for campus or inter/national programs. Highlighting some of AFA's Associate members, the Showcase allows meeting attendees to hear a sample of signature programs from educational speakers touring the college circuit today. The Annual Meeting attracts nearly 1,000 fraternity and sorority professionals from across North America.

Hanson shares her Hot Pastry Principles™ for healing and balance with college students to teach them coping tools and help them avoid addictive behaviors. She shares a positive message mixed with humor, great stories and refreshing openness. Her talks are filled with easy to use techniques for every day life and students are gobbling them up!

LORI HANSON, founder and president of Learn2Balance and Shewolf Press is an award-winning author, speaker, singer and Eating Disorder Coach. She shares her personal story and unique approach to recovery from an eating disorder in her award-winning book "It Started with Pop-Tarts . . . An Alternative Approach to Winning the Battle of Bulimia." Hanson's second book in her Balance Book Series "Teen Secrets to Surviving & Thriving: How to Deal with Stress, Be Confident and Feel Great," will be released in January, 2010. A media favorite, Lori

has appeared on local and national radio and TV shows to bring awareness to the epidemic of eating disorders and the importance of balancing your life.

To learn more about Lori Hanson's services or to order a copy of *It Started with Pop-Tarts* go to www.Learn2Balance.com.

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