

FOR IMMEDIATE RELEASE

AUTHORITY ON EATING DISORDERS AND STRESS TO SPEAK TO PANHELLENICS

Author, Stress and Eating Disorder Coach to Share Her Story and Tips for Dealing with College Stress to Loyola University of Chicago Panhellenic Women

October 2010 Denver—Lori Hanson battled bulimia for 32 years and won. She has turned her experience into three books and is now a leading authority on eating disorders, speaking to groups large and small. Her entertaining, humorous and forthright talks are even earning the respect and interest of a tough crowd: teens and college students.

In October she will speak at Loyola University of Chicago after rush week where sorority women will hear her “Snap Out of It, How to *De*-Stress and Create Balance in College.” Based in Denver, Colorado, Hanson coaches both stressed out and eating disorder clients by phone or in person. Her programs allow clients to get help without disrupting their schedules or lives.

Her speaking engagements take her coast to coast. From Florida State University, University of Tennessee Chattanooga and Salisbury University for National Eating Disorder Awareness Week to Sacramento’s Strive for Strength teen girls retreat. In addition to high school and college campuses she is a regular at college conferences including Association of Fraternal Leadership and Values (AFLV) and the Association of Fraternity/Sorority Advisors (AFA). In December she will again speak at AFA’s annual conference in Phoenix, Arizona. Attendees will learn more about eating disorders on college campuses and what to do in her “*It’s worse than you think. The hidden epidemic of eating disorders*” session.

Hanson has written monthly healthy living newspaper columns and has articles in *Healthy Living Magazine* and *Essence Magazine*. Passionately dedicated to the cause she started a non-profit this year “The COEDS Project” to help increase awareness about eating disorders on college campuses. “COEDS” is a documentary she is filming to profile the link between college life, eating disorders and stress. Hanson plans to distribute this free to sorority houses across the nation with the help of sponsorship donations.

A media favorite, she has appeared on international radio and television to bring awareness to the epidemic of eating disorders. Her mission is to help create a world without eating disorders.

Her books, the award-winning *It Started with Pop-Tarts* and *Teen Secrets to Surviving and THRIVING* and Stress Survival Kit for College Students are available on her website www.Learn2Balance.com

Learn2Balance.com and bookstores everywhere. For speaking engagements and coaching sessions, contact Lori Hanson at (720) 346-4640.

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