

# Help Your Students Conquer Self-doubts and Disordered Eating



Presentation for  
Schools

By Professional Speaker  
and Author  
Haley Hatch Freeman

You can schedule Haley now for the  
2013-2014 school year.

Call (801) 360-5689  
HaleysHeartToHeart@gmail.com



By the time this photo was taken Haley had **gained** 35 pounds. Can you imagine how ill she was at her lowest weight?

Share in Haley's remarkable story, and receive priceless insights about eating disorders, true beauty, and self-worth.

## Did you know...

- Anorexia is the third most common chronic illness among adolescents.
- Eating disorders have the highest mortality rate of any mental illness.
- 80% of girls are unhappy with their bodies.

Your students will realize the destruction of anorexia, and will be filled with hope after hearing Haley's extraordinary recovery. They will leave with a desire to love and take care of their bodies as well as a new appreciation for their own purpose in life.

Haley interacts in a fun and effective style with the audience and has found a creative way to involve not only the girls, but boys as well in her presentation.







“Haley's message and style of delivery is powerful. She gets to the heart of one of the biggest issues facing young women today and offers clear, hopeful, bottom line solutions. Everyone should hear her presentation!” — Cherie Burton, Miss Utah 2004, Author and Purpose Coach

## Life Changing

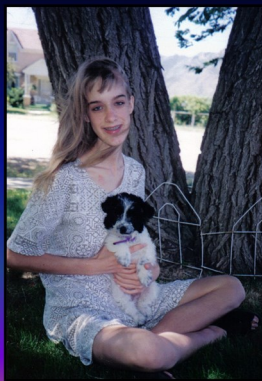
“Haley is not only a wonderful author, but she’s a great presenter who relates well with the kids. I know she will strengthen many with her powerful message.”

— Sherry Paxton, High School Assembly Coordinator

## Assembly Topics:

- Reality of Eating Disorders
- Haley’s Story: There is Hope
- True Beauty
- Self-worth and Body Image
- Healthy Relationship with Food
- Media Messages
- Improving Inner Dialogue
- Discovering your Purpose and more

### Thinner isn't always better



Do you demonize certain foods?



Befriend Your Body



With the mortality rate of anorexia being 12 times higher than the death rate of ALL causes of death for females age 15-24, this is an issue we can't afford to avoid.



You can schedule Haley for your assembly now for the 2013-2014 school year.

"Haley carried an important message and touched the hearts of many of our students who are struggling to face life. Her message gave them hope of recovery and fortitude."  
—Lanny Adamson, M.Ed. Headmaster of Discovery Academy Therapeutic Boarding School

"Not only will you hear how Haley overcame her struggle with anorexia, you will be able to connect to her spirit to make a difference in this world. I have heard her speak and I have read her book multiple times and I always feel strength from her message."  
— Karen Eddington, Self-Worth Analyst

"Haley was amazing! Weeks after she spoke to us we were still talking about it. It was a wake-up call for everyone."  
— Phyllis Peterson, Educator in Nebo School District

"I loved Haley's speech! It was very touching and inspirational. I know that she lifted up and inspired everyone in attendance, including myself."  
— Lisa Brereton, Author, and High School Coordinator

## Haley's Heart to Heart LLC

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