

The Harold C. Schott Foundation Eating Disorders Program at Lindner Center of HOPE invites you to a FREE movie night in honor of Eating Disorders Awareness Week.



An Evening of Self-Compassion and Vulnerability

What?

Spend an evening with Kristin Neff and Brené Brown! The Harold C. Schott Foundation Eating Disorders Program at Lindner Center of HOPE invites you to our 4th Annual Movie Night, in celebration of Eating Disorders Awareness week, discussing **Self-Compassion and Vulnerability**. This event is **free** to attend.

Join us while we watch two engaging TED Talks by two well-respected and inspiring professionals in the mental health field, **Kristin Neff, Ph.D.**, and **Brené Brown, Ph.D., LMSW**.

A professionally led reflection and discussion by Lindner Center of HOPE clinical staff will follow each 20 minute video. We will share thoughts and ideas to help transform our own lives to include more courage and self-compassion.

“When we give ourselves compassion, we are opening our hearts in a way that can transform our lives.” Kristin Neff

“Vulnerability is the birthplace of innovation, creativity, and change.” Brené Brown

Where?

Lindner Center of HOPE Gymnasium/Conference Center
4075 Old Western Row Rd.
Mason, OH 45040

When?

Thursday, February 27, 2020

6 pm-8 pm, Doors open at 6. First video will begin at 6:30.
A light dinner will be served.

Presented by the Harold C. Schott Eating Disorders Program.



Limited seating. RSVP online at tinyurl.com/lcohfremovieinight

Any questions, contact Pricila Gran at 513-536-0318 or pricila.gran@lindnercenter.org.

RSVP by Thursday, February 20, 2020.

