

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.



**What?**

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**. Spend an evening with Brené Brown and Kristin Neff!

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 transform our own lives to include more courage and self-compassion.

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

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



**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/lcohfremovienight](https://tinyurl.com/lcohfremovienight)**

**Any questions, contact Pricila Gran at 513-536-0318 or [pricila.gran@lindnercenter.org](mailto:pricila.gran@lindnercenter.org).**

**RSVP by Thursday, February 20, 2020.**

