



# Learning, Sharing, and Caring: Coming Together to Understand Eating Disorders

This half-day event promotes education, support and connection for community members affected by eating disorders. Everyone is invited and there is no cost to attend.

Saturday, February 22<sup>nd</sup>

8:15AM – 12:15PM

UnityPoint Health Education & Research Center

## Moving Mountains: From the Depths of Binge Eating Disorder to the Top of Kilimanjaro

Kara Richardson Whitely will share her raw and inspiring story of her ascent from the depths of self-doubt and binge eating disorder to the top of the world -- and how to push beyond your own limits.

Kara knew she could reach the summit of Mt. Kilimanjaro. She had done it once before. That's why, when she failed in a second attempt, it brought her so low. Struggling with binge eating disorder and looking for ways to cope with feelings of abandonment, failure, and shame, Kara ballooned to over three hundred pounds. Deep in her personal gorge, Kara realized the only way out was up. She resolved to climb the mountain again—and this time, she would hike without waiting for her plus-sized status to disappear.

Honest and unforgettable, Kara's journey is one of intense passion, endurance, and self-acceptance that we can learn from the plus-size adventurer from without having to trek up Africa's highest peak. During Kara's visit, she will talk about overcoming obstacles in outdoors and life and the unfolding path of recovery.



Meet Our Headline Presenter  
Kara Richardson Whitely

Gorge: My Journey Up Kilimanjaro at 300 Pounds was published by Seal Press in Spring 2015 and is being made into a major motion picture by Amazon Studios, produced by

## Disordered Eating or Eating Disorders: What's the Tipping Point?

This session will provide an understanding of the multidimensional nature of the development and maintenance of disordered eating and eating disorders, how to recognize when someone is in need of increased support and intervention, and how to approach the conversation to have the most likelihood of success.



Hilmar Wagner, MPH, RDN, CD  
Dietitian, The Emily Program

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