

# *noreen i. papa mothers: live your life series*

**Monday, November 14, 2013, 7 PM @ Ridgefield Library**

## **Screening and Discussion of the Documentary *Fed Up***



Upending the conventional wisdom of why we gain weight and how to lose it, *Fed Up* unearths a dirty secret of the American food industry—far more of us get sick from what we eat than anyone has previously realized. Filmmaker Stephanie Soechtig and TV journalist Katie Couric lead us through this potent exposé that uncovers why—despite media attention, the public's fascination with appearance, and government policies to combat childhood obesity—generations of American children will now live shorter lives than their parents did. A local nutritionist will be on hand to lead a discussion after the film.

**Wednesday, December 3, 2014, 7 PM @ Ridgefield Library**



## **Author Talk - *The French Twist: Twelve Secrets of Decadent Dining and Natural Weight Management* with Carol Cottrill**

**Carol Cottrill's** book, *The French Twist* explores the French attitudes of reverence and respect for food and dining. Based on a desire to take the American obsession with weight and fitness in a new direction, Cottrill exposes the shortcomings of quick-fix fad diets, and encourages readers to examine their unique connections to food. Among the secrets the book reveals are the importance of eating authentic and high-quality food, and the role of pleasure and balance in proper nutrition and successful weight management. Throughout, the French approach is

validated by up-to-date science on metabolism as it relates to the psychology of eating.

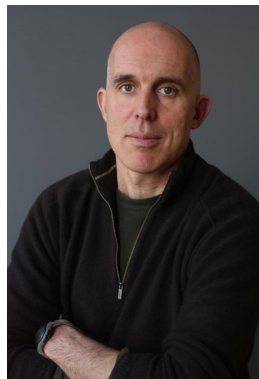
**Thursday, January 8, 2015, 7 PM @ Ridgefield Library**



## **Author Talk - *See Mom Run: Every Mother's Guide to Getting Fit and Running Her First 5K* with Megan Searfoss**

**Megan Searfoss** is a wife and a mother of three daughters who learned to run because she found it an inexpensive, time-saving, and mostly mind-saving exercise. She started Run Like a Mother, a national 5K race designed to encourage women of all levels to experience the gift of running as a means to finding balance in their lives.

**Tuesday, April 21, 2015, 7 PM @ Veterans Park Elementary School**



## **Fitness Stage Show and Fun Run with Christopher McDougall and the Heroes Gang**

Join **Christopher McDougall** and his "Heroes Gang" for a "Parkour-leaping, fun-running, Wild fitness-ing evening" to launch his latest book *Natural Born Heroes*. McDougall will lead a fun run, followed by a one-of-a-kind cabaret stage show featuring the lost arts of the ancient Greek heroes. Learn about freerunning, natural movement, knife-throwing, foraging for super-foods, and using body fat as performance fuel. McDougall will be joined on stage by guest speakers including stand-up comic and warrior-poet of marathon running, **Liz Miele**; Parkour experts, **Julie Angel** and **Dan Edwardes**; and the creator of Wild Fitness, **Tara Wood**.

**Monday, July 20, 2015, 7 PM @ Ridgefield Library**



## **The Extra Mile: Exploring the Limits of Endurance with Jennifer Pharr Davis**

In this talk **Jennifer Pharr Davis** offers a riveting account of overcoming the odds and setting the 46-day, 47-mile-per-day Appalachian Trail record. This is an inspired tale of determination, endurance, and teamwork. If you want to be motivated to do more than you ever thought possible, this is the talk for you. Jennifer is the owner and founder of Blue Ridge Hiking Company. Her adventures have been featured in *The New York Times*, *The Washington Post* and on NPR's *Talk of the Nation*. She has appeared on national television shows such as CNN

Headline News, *Fox and Friends*, the *CBS Early Show* and the *700 Club*. Jennifer has been named Blue National Geographic Adventurer of the year.