



KARA RICHARDSON WHITELY
MOTIVATIONAL SPEAKER/AUTHOR

Kara will discuss hiking Mount Kilimanjaro three times and her feeling that she could do anything...except lose weight. Kara will discuss her struggle with her weight, a constant source of inner conflict, chronicled in her upcoming book *The Weight of Being: How I Satisfied My Hunger for Happiness* which will be published this July. According to the publisher, Seal Press, *The Weight of Being* is ...“A brutally honest story about being fat in America—and one woman’s experience with radical weight loss after a lifetime of fat shaming.

Kara is a motivational speaker, an American Hiking Society ambassador, and has written for many national publications. Kara was a blogger for Weight Watchers and is currently an Ambassador for the American Hiking Association and a National Binge Eating Recovery Advocate for Eating Recovery Center. Kara’s first book will be available for sale and her second one for pre-order.

Saturday, May 19 at 2:00 pm

Hunterdon County Library

314 State Route 12, Flemington

This program is free and open to the public.

Due to the popularity of our programs, we recommend reserving a seat. Please call (908) 788-1434, or click on the Calendar of Events at www.hclibrary.us

Reservations are necessary in the event the program is cancelled. Vacant seats will be released 5 minutes prior to the start of the program.

It is the policy of the Hunterdon County Library to provide reasonable accommodations for persons with disabilities with advance notification of need. Please call (908) 788-1434. Without advance reservations, it may not be possible to provide accommodations. 4/18