



# **BEAUTY UNDRESSED:** with speaker/singer/ songwriter SHANNON CUTTS

Tuesday March 11th, 2008  
SHOWPLACE Performance Centre  
290 George St. North, Box 242  
Peterborough, Ontario,  
Canada K9J 6Y8

7PM

Tickets available at the door.

Presented by **Trent University**.

**Shannon Cutts** is the Founder and Director of "Key to Life: unlocking the door to hope."

Beauty Undressed takes participants on a compelling and powerful journey through our media-driven culture to the core fundamental issues that are contributing to the rise of eating and mood disorders, low self-esteem and poor body image among students.

Since 2000, Shannon Cutts has been sharing her message and music with students all across the country. In addition to her work as an engaging and unforgettable public speaker, Shannon is a Billboard Music World Song Contest winner with two award-winning albums to her credit. Her messages and music are timely, intensely personal and yet all-encompassing as she addresses the secret fears, motivations and stumbling blocks in the personal lives of today's students.

What's important is the way she conveys in her music and her speaking that she needed to make a decision to really allow a change to take place and to have the courage that it takes to make some of those changes.

Shannon has been a featured media guest in numerous TV, print and radio programs. A survivor of a fifteen year battle with anorexia, bulimia, depression and anxiety disorder, she is known as a compassionate and charismatic advocate of our right to feel good about ourselves, our bodies,

and our lives. Participants at her "Key to Life" and "Beauty Undressed" events inevitably leave moved, inspired and transformed by their experiences, and enthusiastically return for future events.

[www.key-to-life.com](http://www.key-to-life.com)

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