



MentorCONNECT 
 Relationships Replace Eating Disorders

**PRESS RELEASE
 FOR IMMEDIATE RELEASE**

Beating Ana author, popular speaker and singer-songwriter, and *MentorCONNECT* Founder/Director **Shannon Cutts** will be appearing for (concert/speaking engagement) _____ at (venue) _____ on (date) _____ at (time) _____.

The address where the program will be held is _____ in (city) _____, (state) _____, (zip) _____.

For more information or for directions, please contact (name) _____ at (phone) _____ or (email) _____.

There will be (charge/no charge) _____ and the public (is/is not) _____ welcome to attend.

This event is sponsored by (organization) _____.

Shannon Cutts is a compassionate advocate of our right to feel good about ourselves, our bodies, and our lives. As a popular speaker, writer, and award-winning songwriter, she travels year-round, sharing her powerful message that yes, recovery from eating disorders is possible! After recovering from her own fifteen-year battle with anorexia and bulimia, Shannon founded **Key to Life: unlocking the door to hope**, an organization that offers events, workshops, concerts, products, and services to facilitate recovery from eating and related disorders, and **MentorCONNECT**, a community where mentors and mentees can connect to experience the power of mentoring. Shannon is the author of *Beating Ana: How to Outsmart Your Eating Disorder and Take Your Life Back* (Health Communications, Inc.), the first book to address the vital importance of adding a mentor to the eating disorders treatment team. She is also the coeditor and CD producer for *The Book of Companionship for Women With Eating Disorders, Vol. 2* (April Dew Publishing). For more about Shannon, her work, and her availability for speaking and concert engagements, please visit her at www.key-to-life.com.

For Literary Press Requests:
 Kim Weiss, Health Communications, Inc.
 800-851-9100, x212 or kimw@hcibooks.com

Shannon's Management:
 Richard Cholakian, RGC Entertainment
 713-777-6003 or info@rgcentertainment.com

###

key-to-LIFE.com
 unlocking the door to hope