BCFR Podcast – Show Notes
Kansas City Public Library - Waldo
Host: Buddy Hanson, Library Technical Assistant
Guest: Jeni Starr, Health & Wellness Specialist

TOPIC: Health & Self Care

FILMS - Jeni:
• Embrace, Taryn Brumfitt, 2016 (Australia)
  Taryn Brumfitt, body image activist, travels the world talking to experts, women in the street and
  well-known personalities about the alarming rates of body image issues that are seen in people of
  all body types.

FILMS - Buddy:
• Forks Over Knives, Lee Fulkerson, 2011 (USA)
  A study to explore the dramatic shift of serious health conditions through simple changes in diet.

Notes / Reference:
• Quinoa
• Health At Every Size
• Meals in Minutes
• KCPL: Health & Wellness Events

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