#InnerHappy

Launching a Body Positive Campaign at the Library

MLA Conference, October 4, 2017
Alison Griffith & Heather Wefel
Belly Dancing
Hula Hooping for Weight Loss
Jazzercise Dance Mix
Zumba
CrossFit for Beginners

1. Belly Dancing  
   September 14
2. Hula Hooping for Weight Loss  
   September 21
3. Jazzercise Dance Mix  
   September 28
4. Zumba  
   October 19
5. CrossFit for Beginners  
   October 26

Mondays Nights at 6PM  
Try on a New Fitness Style

Register online in the Program & Events Calendar at youranswerplace.org or call (636)978-7997

Middendorf-Kredell Branch  
St. Charles City-County Library  
2750 Highway K, O'Fallon, Mo
PRETTY IN PINK
FOCUSING ON WOMEN’S HEALTH

Tuesday, September 30, 6-8 p.m.
Spencer Road Library, 427 Spencer Road, St. Peters
Community Commons Room 240/243

Meredith Byers, MD, Co-Director, Barnes-Jewish St. Peters Hospital
Breast Health & Women’s Center and Progress West Hospital Breast Imaging
Cheryl Hohe, RN, MSN, ANP-BC
Chef John Beck, Executive Chef and Aaron Reinberg, MPH, RD, LD
BJC HealthCare, Morrison Management Specialists

It’s a FREE girl’s night out that’s perfect for you, your mother, daughter and girlfriends
to enjoy while learning about the latest in
women’s health. Our medical experts will
dispel myths about breast health and women
and heart disease, discuss signs you don’t
want to ignore and provide an overview on
the latest means of detection and treatment
including 3D mammography. Then sit
back and savor the heart-healthy cooking
demonstration and samples that will tantalize
your taste buds. Registration required by
calling 636.928.WELL (9355).

Hors d’oeuvres, refreshments,
attendance prizes and more...

RNCJEWISH
Peters Hospital
ProgressWest
Hospital
St. Charles City-County
Library District
Learning to **Love the Person in the Mirror**

-with Peggy Levinson, LCSW

7pm

**Thursday, October 8th**

Register online in the Program & Events Calendar at youranswerplace.org or call (636) 978-7997

Middendorf-Kredell Branch
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**Understanding Emotional Abuse**

Monday, September 25, 2017
7:00 pm

Kathryn Linnemann Branch Library

Nicole Crow (ALIVE) will explain what emotional abuse is, how to recognize it, and what to do about it. Register at www.youranswerplace.org or call 636-723-0232.
Meet Taryn...

- 1 million impressions in 24 hours
- The Today Show and Good Morning America
- 8,000 people donated $200,000 to fund the movie’s creation on Kickstarter.
- Facebook Body Image Movement
  facebook followers:  94,737
- Instagram Body Image Movement
  followers:  9,635
- #bodyimagemovement 4,415 posts
- #IHaveEmbraced 21,000 posts
Embrace
One woman’s journey to inspire everyBODY
EMBRACE:
The Documentary
Movie Captain Toolkit

Thank you for signing up to host a screening of EMBRACE. We have partnered with Gaither Films to allow individuals like you the opportunity to host a screening in your community!

ABOUT EMBRACE:

SYNOPSIS
When Body Image Activist Taryn Brumfiel posted an unconventional before-and-after photo in 2013 it was seen by more than 100 million people worldwide and

St. Charles City-County Library
Selling it... to our bosses

May is Mental Health Awareness month. Consumer Health Complete is just one of a number of e-resources that can help you get answers or find ways to help. http://goo.gl/vVJM0

"Libraries are neutral places that facilitate the exchange of ideas and provide the opportunity for civil discourse." - Jim Brown, St. Charles City-County Library District.
Flaunt Your #INNERHAPPY

Have you ever raced to “untag” a picture on Facebook or hide it from a family album because you didn’t think you looked your best? Even if you were having a great time, surrounded by your family or favorite friends, and the memories it invoked made you smile inside? I’m 100% guilty of this! But then I realized I was only cheating myself out of my happiest memories. Memories like:

Surprising my dad with a cake on Father’s Day.

Holding my first son, moments after his birth.

While #innerhappy takes social media by storm, throughout the month of October, Ask Alison will showcase some key men and women that are promoting positive body image and self love. Topped off with a very special celebration November 3; a special premiere of the body-positive documentary, Embrace:

Remember to post your #innerhappy on social media!

Buy your Embrace ticket!
Check out his sweet pics, and even sweater captions on his Instagram account.

I'm starting a new thing. Every fan that stops me and asks me to take a picture with them, I will ask them to take a picture with me because they mean as much to me as I mean to them. This guy was awesome, I couldn't resist having him be in the start of my new trend.

This was Doris she is super sweet.

AUGUST 23, 2016

AUGUST 22, 2016
I want to marry artist and author Nathanael Lark. Without being creepy, he celebrates women’s bodies in all their shapes and sizes through beautiful cartoons and accompanying blogs. Nathanael is a guest blogger for the wildly popular website Healthy is the New Skinny. Nathanael is an unique artist because his art is directly inspired by his followers. You can also see his gorgeous drawings on Instagram and Twitter. Maybe you will be his next muse!

Join Ask Alison for 31 days of #innerhappy leading up to a special screening of the documentary Embrace: one woman’s journey to inspire everyBODY. Join us at the movie and post your own #innerhappy moments on social media using the #innerhappy tag.

Just in case you forgot! #CanSeeYourBeauty #SundayMorning

nathanaellark BREAKING OUT: @yeezyg
It’s crazy how a moment of yearning can erupt with inspiration!
Kid President changed my life. There, I said it! If you haven't seen this YouTube sensation, you must watch him immediately! You'd never guess that this adorable little boy lives with a painful and rare bone condition and has been in and out of the hospital for much of his young life. He has discovered the secret to true happiness: making others happy.

His book, Kid President's Guide to Being Awesome, featuring "100 Ways to Change the World," is a go-to read for my kids and I when we're feeling sorry for ourselves. My favorite: give someone a high-five everyday. I've personally tested this one, and you'd be surprised how excited people are, even in the most formal situations, to get a high-five for a job well done. Try it; I promise you will feel instant #innerhappy.
Personal Empowerment is about taking control of your own life and empowering others to do so. But what happens when someone else tries to take that power away? I talked to Shannon Nicholson, from YWCA Woman’s Place, about how to identify an abusive relationship in a friend, loved one, or coworker.

Shannon will lead a Personal Empowerment Series at the Library, beginning in October. Click here to register: [http://bit.ly/2d5xGKa](http://bit.ly/2d5xGKa)

Many victims of abuse don’t tell anyone for their own personal (and valid) reasons. So what can you do? Keep an eye out for these signs:

**Physical Signs:** Relationships can certainly be abusive without the presence of hitting, punching, kicking, etc. But in some cases, you may notice that your friend or loved one has strange bruising or injuries. Has she changed her clothing style or is she wearing clothing that is inappropriate for the weather (i.e. long sleeves on a 100° day)? Is she avoiding atypical physical contact (like hugs)? This may be her way of hiding injuries inflicted by the abuser. If you do see injuries, she may make excuses that just don’t make sense.
Numbers & Bizniz’

- 59% increase in sessions
- 39% increase in users
- 62% increase in pageviews
- Avg pages per session: 7
- bounce rate: < 3%
- #Innerhappy clicked on 500 times
#InnerHappy has been used over 600 times!
Selling it… to our community!

- Marketing
- Library Fans
- Meet-Up Group
- GATHR
Heather Wefel

I thought the Embrace Documentary was fabulous! I was surprised it made me laugh so much. What were your thoughts?

Like · Reply · November 4 · Mute

Crystal

It was awesome, I brought my mom and she said it was so much better than she expected. My biggest suggestion for the next screening is to put a pack of tissue in the swag bags! But I think it was right on target for what I hoped to get from the group and made me that much more excited about the upcoming meetups.

1 · Unlike · November 4
Lessons Learned

- Start earlier
- Keep it simple
- Haters gonna hate
- Plan Follow-Up
- Take Pictures!
- Have Fun
- Don’t Stop!
eliminating racism empowering women
ywca
Celebrate Valentine’s Day with a little DIY “me-time.”
There will be several Free DIY stations, including:

- Make Your Own Sugar Scrub
- Valentine’s Day Card-Making
- Goodie Bags
- Healthy Snack Mix

Barnes Jewish St. Peters and Progress West Hospitals will be here to offer BMI, Blood Pressure, and Bone Density screenings at no charge.

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2750 Highway K, O’Fallon, Mo
7PM - Tuesday, November 03, 2015
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FREE MAKEUP LESSON WITH
STUDIO 1 SALON & SPA
FREE PROFESSIONAL PHOTO
WITH EMILY ROSE STUDIO

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#InnerHappy

Flaunt Your #Inner Happy
#InnerHappy Challenge

Snap a pic or take a selfie during the conference or over the coming week and tag it #InnerHappy

Bonus Challenge!

Write down one (or more) thing(s) you ❤️ about your body: