



## **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](#)

## **CREDITS**

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