

**NEW ZEALAND EATING DISORDERS CLINIC (NZEDC) &
REDEFINED COACHING PRESENT:**

HOPE NIGHT

Guest speaker Harry Averill

**Inspiring Hope and advocating that
change is possible**

NZEDC is proud to host once more our 'Hope Night' for individuals and their families who are struggling with eating disorders and body image.

Hope Night is an opportunity for people in the midst of an eating disorder to hear recovery stories from individuals and their families that have recovered. The evening aims to inspire hope that recovery is 100% possible and encourage family members not to give up and keep fighting for their loved one.

Tuesday 20 August, 2024 7:00pm - 9:00pm

The Upper Room, 12b Clayton Street, Newmarket

Everyone is welcome and entry is free.

There is also no need to register.

For any further information or questions, please email: admin@nzedc.co.nz

HARRY AVERILL

Harry is a twenty-five-year-old from Hawke's Bay, New Zealand. After battling anorexia as a teenager, Harry went on to become head boy of his high school and has since studied psychology and economics at the University of Otago. He published his memoir 'Hungry to Be Happy' at the beginning of last year.

Now training to become a counsellor, Harry is on a mission to encourage happier lives. Whether making speeches or getting his ideas down on paper and screens, he hopes to share what his illness taught him with as many people as he can.

When he's not spreading his message, Harry loves exploring the outdoors, watching sport, playing it socially, and cramming his brain with as many books, podcasts, and useless information as time allows.

At NZEDC and Redefined Coaching we recognise the implications that Eating Disorders have on males and how they can struggle in silence. This year we are opening up the conversation around males and eating disorders to encourage more people to reach out for help.

There will also be a panel filled with all genders and their parents sharing the journey to recovery.



Clayton Street looks like a driveway. Once you walk into the 'Street' there will be a large sign saying, "Upper Room".

Free parking is available at the Auckland Domain.