

Lindsey Hall, Public Relations THE KIVA CENTER



Lindsey Hall is a public relations executive by day – and eating disorder activist by night. She is the author behind the award-winning eating disorder recovery blog, "[I Haven't Shaved In Six Weeks](#)," which she started following a six-week experience at an inpatient treatment center for an eating disorder.

As a national researcher, writer and speaker, she works to bring transparency to a community often clouded in shame in order to inform others how to spot eating disorder behaviors, and when to seek help.

Lindsey has published articles and interviewed with numerous international publications, including The Today Show, CBS New York, Washington Post, Cosmopolitan, Women's Health Magazine, Refinery29, SheKnows and more. She has delivered keynote speeches at several colleges and eating disorder recovery events including NEDA walks nationwide, and has spoken on podcast/radio and television interviews covering any and all eating disorder topics. She is based in Denver, Colorado and works in tandem with some of the largest eating disorder clinics nationwide to help shed light on treatment options and what's being done in the eating disorder community to help combat the mental illness.

She currently serves on the board of directors for Denver-based Project Helping, a mental health nonprofit focused on healing through volunteerism, and is currently a member of the Denver Metro Chamber Impact Leadership class of 2018.

Originally from Fort Worth, Texas, Lindsey graduated with a BA in English Literature from The University of Arkansas in 2011 and began her career in book publishing in Dallas, Texas. She relocated to public relations in New York City at global firm, Finn Partners, before moving to Colorado to pursue her current position as Senior Account Executive at Matter Communications, a national public relations and marketing agency. Her client lists includes a diverse array of industries as well as prominent authors, homebuilders, law firms, accounting firms, consultants, real estate agencies, and several city branding campaigns.

