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### Holy Hormones Honey!

#### Archives Available

**October 03rd 2013: My name is Laurie Pinard, and I live with mental illness**

Laurie Pinard is a 44-year-old woman who has fought her way back to health from the edge of darkness and despair. She lost everything she had, and she nearly lost her life. Laurie now dedicates her life to giving hope to anyone who suffers from mental illness with the message that it is possible to get well and lead a fulfilling, productive life. Throughout young adulthood, Laurie struggled to understand the dramatic highs and lows of her emotions, and it was not until her early forties that she received the correct diagnosis of bipolar disorder. She sought help in the form of psychiatry, nut

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### Featured Guest



#### Laurie Pinard

Laurie is an exercise enthusiast and running instructor living in Ottawa, Ontario, Canada. In 2012, Laurie was chosen as one of five individuals representing Canadians in the Faces Campaign by the Canadian Alliance on Mental Illness and Mental Health. This national campaign highlights awareness about mental health issues. Laurie then became a spokesperson for Bell Media's Let's Talk Campaign in 2013 to educate the country on reducing stigma surrounding mental illness. Laurie has appeared in every national newspaper publication in Canada and on national television to talk about her story and encourage others to take ownership of their illness and seek the help they need. Laurie represents sel

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