

2015 BODY CONFIDENCE CANADA AWARD RECIPIENT



ERIN HUSTON, is 20 years old and currently attending St. Jerome's University in her third year of Joint Honours Legal Studies and Peace and Conflict studies. Erin is one of the creators of [eatingdisorderconfession](#), a pro-recovery blog dedicated to allowing its followers a safe space to be honest about their struggles and recovery triumphs related to eating disorders. Within her university Erin created a body positive week dubbed "SJYouAreBeautiful" meant to encourage self-love and body positivity among her university peers. Erin continuously looks for opportunities to advocate for body love and positive self-esteem. She enjoys naps, sparkles and adventures.

 [Eating Disorder Confession](#)

 [@ejhuston](#)

 [@erinjhuston](#)