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Mayor's Mental Wellness Series Launches with Dr. Edith Eger

BY BIANCA HEYWARD



Dr. Edith Eger

On July 15, Beverly Hills Mayor Lili Bosse's new initiative, the Mayor's Mental Wellness Series, will debut with guest Dr. Edith Eger, Holocaust survivor, trauma expert, and international bestselling author. Dr. Eger is the first of many of Bosse's handpicked guests invited to join the community in conversation, and whose words and actions have touched the lives of many. Dr. Eger is the bestselling author of "The Choice: Embrace the Possible." The free event is open to the public and will be held in the courtyard on the Crescent Drive Side of Beverly Hills City Hall from 10:30 to 11:30 a.m.

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"I am so honored to be invited to speak with my dear friend Lili to support her powerful work around the vital topic of mental health in the City of Beverly Hills," Dr. Eger told the Courier. "This City represents the center for creative professionals and the impact of events such as this can truly amplify around the world. My life purpose is to do work to help others to move from victim to empowerment, and to learn to unlock the prisons of their own mind. I am so grateful to be here this Friday to be of service to the amazing people of Beverly Hills."

Born in 1927 in Hungary, Eger was a teenager when she and her family were sent to Auschwitz, the concentration camp in Poland, where her parents were killed in the gas chambers. Eger and her sister were moved to Austria towards the end of the war, and later rescued by a young American soldier in 1945. In 1949, she and her husband

moved to the United States, and in 1969 she received her degree in psychology from the University of Texas, El Paso. Eger then pursued her doctoral internship at the William Beaumont Army Medical Center at Fort Bliss, Texas.

"I was expecting her to do it virtually," Bosse said during LIVE WITH LILI on July 13. "Many of her events that she does, she's done one with Oprah and Diane von Furstenberg and others, it's usually been virtual. So, this is a real treat that she is coming down from San Diego."

Dr. Eger has a clinical practice in La Jolla, California and holds a faculty appointment at the University of California, San Diego. She was the primary subject of a Holocaust documentary that appeared on Dutch National Television and has had numerous appearances on television programs including CNN and the "Oprah Winfrey Show."

Free two-hour parking will be available at the Rexford Drive parking structure. ●