



# Painful past propels Barb

## EX-ANOREXIC IN CHARITY RIDE

RE-LIVING the dreadful moments of being admitted to hospital with anorexia at the age of 13, Enjo Australia founder Barb de Corti knows just how crucial support networks can be for youth battling mental health issues.

This experience has motivated her to participate in her third 700km Hawaiian Ride for Youth to raise awareness of WA Mental health groups.

Today, the Mt Pleasant businesswoman will be one of five in her team, and one of 80 in total, who will set off for the gruelling five-day charity bike ride from Albany to Perth, finishing on March 23. The event raises money for WA mental health group Youth Focus in a quest to prevent suicide and depression.

The riders will stop at

schools to address students about depression, self-harm and suicide. "When I was 13 I developed anorexia and almost died," Mrs de Corti said. "I was admitted into hospital for three months.

"I remember the doctor saying to me, 'Barb, starving yourself is hard business and does a lot of harm to your body, why don't you channel this energy to something positive?'"

Mrs de Corti is now a successful businesswoman who believes in passion, purpose and wealth.

"It makes it so much easier to get up in the morning when you have a purpose and I want to share that with hundreds of students during the ride," she said.

Mrs de Corti and her team have a goal of raising \$120,000. To date, they have raised more than \$90,000.



**Cycling to give youth a clean bill of health: Enjo Australia founder Barb de Corti.**

Picture: Martin Kennealey

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