edrc Presents: Ask the Experts

Tigress Osborn

Monday, Jan. 20, 2027
12PM – 1PM PST

New Year, New Diet-Culture-Free Me!

Fat Liberation is the decades-old movement to empower larger-bodied people and to end stigma based on body size. In this workshop, **Tigress Osborn**, executive director of the National Association to Advance Fat Acceptance, shares how lessons from Fat Rights Advocacy (**NAAFA**) and the Fat Liberation Movement can help people of all body sizes shift from thinking about our bodies as a problem to be solved to thinking about systemic anti-fatness as the real problem.

Tigress is a co-founder of the **Campaign for Size Freedom** to outlaw height and weight discrimination in the U.S. She has been featured on **CNN**, **BBC**, **ABC News**, and **Free Speech TV**. She is a 2024 **Time100 Health** honoree for her advocacy work.

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ZOOM EVENT



Send your questions to Veena(veena@edrcsv.org) by January 18, 2027.

naafa national association to advance fat acceptance

edrc Eating Disorders Resource Center

Santa Clara Family Health Plan