

**Day of Wellness Workshop**

**Body Liberation & Food Reclamation**

Resources:

Books

\* Health at Every Size: The Surprising Truth About Your Weight by Lindo Bacon

\* Body Respect by Lindo Bacon & Lucy Aphramor

\* Anti-Diet by Christy Harrison

\* The Body is Not an Apology by Sonya Renee Taylor

\* Fearing the Black Body: The Racial Origins of Fat Phobia by Sabrina Strings

\* Fat Girls in Black Bodies by Joy Cox

Podcasts

\* Maintenance Phase

\* Fresh Out the Cocoon

\* Food Heaven

\* Food Psych

\* Love Curvy Yoga

HAES aligned gyms, classes

\* Ascent Gym, Tacoma

\*Joyn, online (free)