

# Working with Bias Addressing Body Shame

A day of workshops for anyone with a professional or personal interest in body liberation for health-justice

**59 Wandsworth High St, London SW18 2PT  
Saturday October 19<sup>th</sup>**

9.30am – 12.30pm with Kimberly Dark

During this workshop, participants can expect an exploration of unconscious bias and how it influences each of our lives, how it leads us to uphold cultural values with which we may not even consciously agree. Kimberly will offer tools for working with bias—in ourselves and others—so that we can treat all bodies with care and welcome. We'll also practice with language and approaches that increase inclusion, acknowledge the oppressor and oppressed within and practice compassion for both.

1.30pm – 4.30pm with Kimberly Dark & Lucy Aphramor

A facilitated open-space forum. We'll start with taught content and use this to move into discussion shaped by participants' interests and concerns. An opportunity to trouble-shoot challenges as we deepen our shared understanding around how to approach food, health and body respect to promote personal and collective healing.



**Kimberly Dark** is a writer, sociologist and storyteller, and the author of *Fat, Pretty and Soon to be Old*. She leads retreats for professionals (including teachers, therapists and dietitians) to discover their social influences. More at [www.kimberlydark.com](http://www.kimberlydark.com).

**Lucy Aphramor** is a creative and dietitian who developed the health-justice approach Well Now. Working at the intersections of dietetic counselling, activism and public health Lucy's Well Now approach offers a coherent model for exploring trauma through food and body stories by connecting personal healing and social transformation. More at [www.lucyaphramor.com](http://www.lucyaphramor.com).



## Workshop Costs:

**Standard:** £120 both sessions, £70 morning session only, £70 afternoon only

**Student and inclusion rate\*:** £100/£60 \*for people with marginalized identities

Book here: <https://lucyaphramor.com/product/working-with-bias-addressing-body-shame-saturday-october-19th/>