

It's Our Anniversary!

CELEBRATING 20 YEARS OF

ASDAH

CONFERENCE June 7-8  
2024

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## SETTING THE TONE

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## WHAT'S NEXT

Details on how to complete the conference evaluation, become a member, donate, and otherwise get involved in ASDAH

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## THANK YOU!



# Angel Austin

**Welcome to the 2024 ASDAH Annual Conference! This year, we are thrilled to celebrate a milestone—our 20th anniversary! Our theme, "It's Our Anniversary! Celebrating 20 Years of ASDAH!" is reflected in a rich lineup of primarily fat, Black, and Indigenous keynote speakers, session presenters, and performers. We are honored to have these influential voices share their knowledge, experiences, and artistry with us. Thank you for joining us in this celebration of diversity, community, and the ongoing journey towards size inclusivity and health. Let's make this anniversary one to remember!**

# COMMUNITY AGREEMENTS

01

## THIS IS AN ACCOUNTABLE SPACE

This is not a safe space. It is impossible to ensure 100% safety in any space. This is not a brave space. Brave spaces put an undue burden on marginalized people. They do not account for the bravery marginalized people have to engage in everyday to survive. We cannot ensure safety. We do not expect bravery. We do expect accountability.

02

## ENGAGE IN CONVERSATION IN A WAY THAT IS INCLUSIVE, GENERATIVE & IMPACTFUL

Be mindful of the space you take up in conversation. Are you used to just listening and participating from the sidelines? Maybe this is an opportunity to speak up. Are you used to dominating conversations and not letting others get a word in edgewise? Maybe this is an opportunity to pass the mic. Either way be mindful of how you contribute to the conversation and co-create a space where everyone who wants a chance to speak gets to do so. Listen to understand, not just to respond. Pause & reflect before responding. And most importantly, don't be an asshole. If you wouldn't say something directly to someone face-to-face, don't type it or say it in a virtual space.

03

## EMBRACE CONFLICT, DISCOMFORT, FRICTION, IMPERFECTION, NUANCE & A BOTH/AND MENTALITY

There are no perfect human beings. There is no perfect way of being, doing, and thinking. Often multiple conflicting things can be true at once. Embrace the imperfection, nuance, and multiple realities that are inherent to the human experience, knowing that conflict, discomfort, and friction may occur. These are all normal and healthy parts of an accountable space. They are signs that growth, learning and transformation are happening. Walking around on eggshells is not necessary.



# COMMUNITY AGREEMENTS

04

NO RACISM, WHITE SUPREMACY, ANTI-BLACKNESS, ANTI-FATNESS, TRANSPHOBIA, QUEER ANTAGONISM, ABLEISM, HEALTHISM, AGEISM, CLASSISM, OR OTHER FORMS OF OPPRESSION

In the words of Robert Jones, Jr., "We can disagree and still love each other unless your disagreement is rooted in my oppression and denial of my humanity and right to exist." Any words or actions that are oppressive to others or deny their humanity will not be tolerated. Any hateful speech, degrading comments, or bullying is unacceptable. Expect to be called in and encouraged to hold yourself accountable.

05

KNOW THAT YOU WILL FUCK UP

As stated before, there are no perfect human beings. We are all learning. Despite our intentions being good, we will mess up. When that happens, own your impact. Be open to correction. We repeat, expect to be called in and encouraged to hold yourself accountable.

06

TAKE CARE OF YOURSELF

This space is not therapy. Although it may feel therapeutic, this is not intended to be a therapeutic space or an alternative to therapy. In this space you are not only accountable to others, you are also accountable to yourself. It is your responsibility to manage your triggers, to understand the true source of your emotions, to avoid making projections, and to take care of yourself.

# COMMUNITY AGREEMENTS

07

## STORIES STAY; LESSONS LEAVE

Participating in this space requires mutual respect and trust. We encourage everyone to move at the speed of trust. We expect everyone to respect privacy and confidentiality. Please do not share personal stories, private & confidential information, and other information (i.e. webinar recordings) you hear/experience/witness that folks did not consent to share outside of this space. You may not share this information without prior consent or permission. With all that said, you may share the lessons that you learn in this space widely. Whenever you share, please give proper credit to those who facilitated your learning.

08

## PRIVACY & CONFIDENTIALITY CANNOT BE ASSURED

Although we hope everyone operates with integrity, ASDAH and its leadership team cannot control or preempt the actions of every individual member or participant. Therefore we cannot guarantee privacy or confidentiality. Please act accordingly

09

## COMMIT TO SELF-REFLECTION & ACTION WHEN YOU LEAVE THIS SPACE

The work does not end here. We encourage you to think about how what you learn impacts your daily life and what actionable steps you can take when you leave this space.

10

## ASDAH DISCLAIMER

ASDAH does not necessarily share or endorse views shared by others in this space.

# DAY ONE SCHEDULE

01

**WELCOME, OPENING REMARKS &  
PERFORMANCE**



02

**BEYOND THE WEIGHT: IT WAS  
NEVER ABOUT YOUR HEALTH.**



03

**FROM VISION TO LEGACY: THE  
ASDAH ORAL HISTORY PROJECT**



04

**EMBODIED LIFE: MENTAL HEALTH  
CONSIDERATIONS IN SIZE  
INCLUSIVE CARE**



05

**EVENING ENTERTAINMENT WITH  
SOFIE HAGEN**

# WELCOME, OPENING REMARKS & PERFORMANCE



Da'Shawn L. Harrison



Vanessa Rochelle Lewis

”

I want fat people to be considered reliable witnesses to and experts in our own experiences. Too many people believe they know something about a fat person's quality of life, or about our hardships, or about how we feel about our bodies. They create entire narratives about the lives they believe we lead, entire online forums to try to humiliate us, entire films about their fictional takes on our lives. It's wild. I just want them to actually listen to us and to believe us. And if that's too much, truthfully, I just want them to leave us alone. I don't need to be liked. I don't even need to be understood. But I do want to be able to live my life in peace.

—

Ash Nischuk,  
Infinifat Activist

**WHAT ARE  
YOU  
CELEBRATING?**



# OPENING KEYNOTE



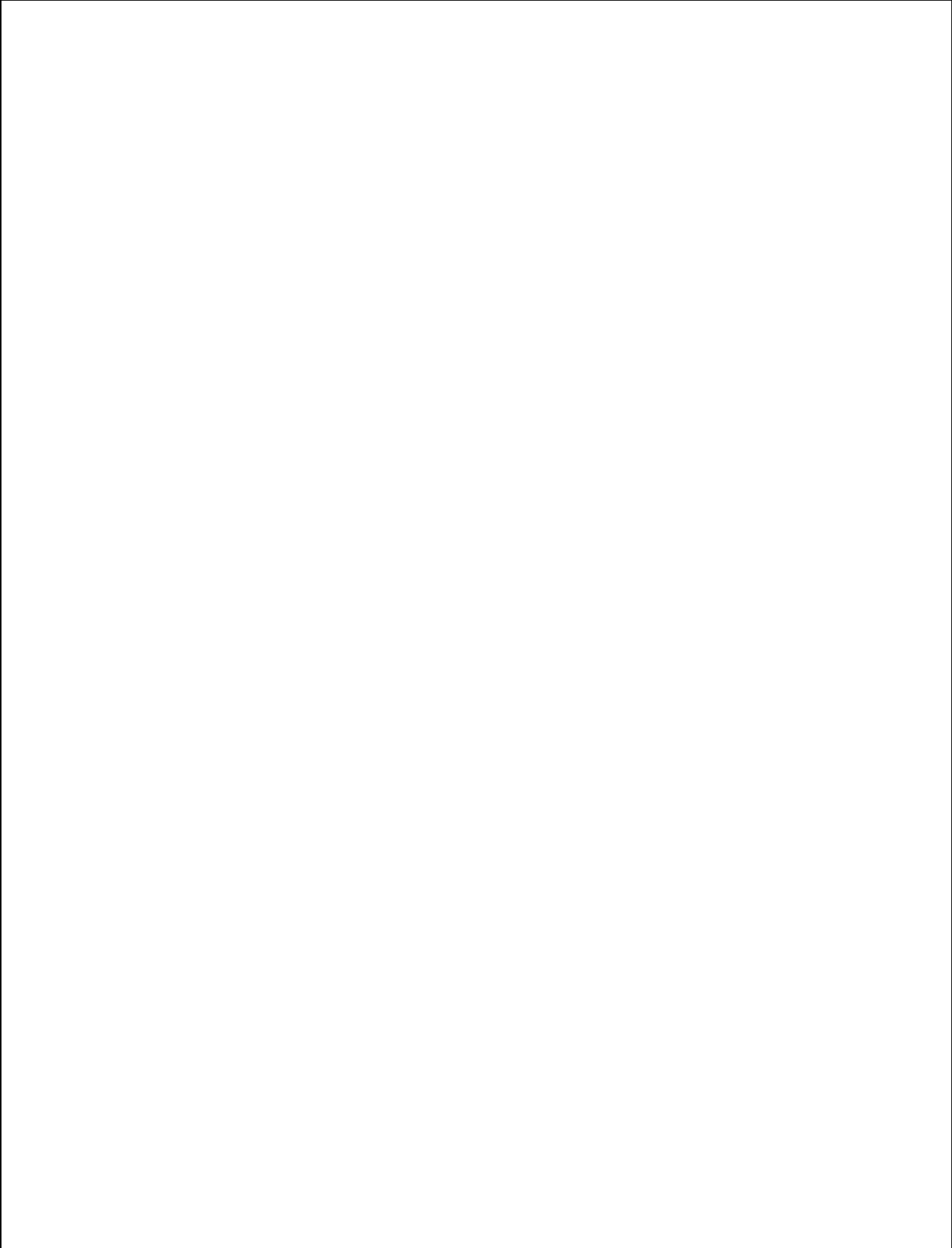
*Michelle Osbourne*

## BEYOND THE WEIGHT: IT WAS NEVER ABOUT YOUR HEALTH.

In this candid and thought provoking presentation, Michelle shares her journey on how she went from struggling with low self esteem, disordered eating, addicted to diet pills, and depression to facing her fears and successfully reinventing her life. She poignantly illustrates how she learned to cultivate a positive body image as a fat, Black, queer woman navigating life in a world that wishes she didn't exist. Michelle's insights and heart felt story of resilience will leave you inspired, empowered and uplifted.

BEYOND THE WEIGHT: IT WAS NEVER ABOUT YOUR HEALTH.

# NOTES



BEYOND THE WEIGHT: IT WAS NEVER ABOUT YOUR HEALTH.

# REFLECTION QUESTIONS

What I'm experiencing is...?

A large white rectangular box intended for a person to write their response to the question "What I'm experiencing is...?".

What lessons from this session are you taking with you into the world?

A large white rectangular box intended for a person to write their response to the question "What lessons from this session are you taking with you into the world?".

BEYOND THE WEIGHT: IT WAS NEVER ABOUT YOUR HEALTH.

# REFLECTION QUESTIONS

## Question 3

As a result of this session, what actionable steps will you make professionally or personally?

## Question 4

What will you do to continue learning about this topic?

# SESSION 1



*Tigress Osborn*



*Lisa Marie Alatorre*



*Dr. Deb Burgard*

## FROM VISION TO LEGACY: THE ASDAH ORAL HISTORY PROJECT

HAES® architects and former community leaders who had a pivotal role in creation and leadership of ASDAH and who have been instrumental in implementing the revolutionary concept of Health at Every Size® (HAES®) come together to participate in this Oral History Project Conference Session. This ongoing project aims to capture the rich experiences, insights, and stories of the activists who played a crucial role in the establishment and evolution of ASDAH and the HAES® movement. Their firsthand accounts will provide invaluable perspectives and inspire current and future generations.

# NOTES





# REFLECTION QUESTIONS

## Question 1

What I'm experiencing is...?

## Question 2

What lessons from this session are you taking with you into the world?

# REFLECTION QUESTIONS

## Question 3

As a result of this session, what actionable steps will you make professionally or personally?

## Question 4

What will you do to continue learning about this topic?

# SESSION 2



*Breah Robinson*

## EMBODIED LIFE: MENTAL HEALTH CONSIDERATIONS IN SIZE INCLUSIVE CARE

This workshop explores the intersection of mental health, body image, and size inclusivity. We will discuss the complexities of providing compassionate health care for individuals in large bodies, emphasizing the importance of promoting body acceptance, combating weight stigma, and fostering a holistic approach to well-being. We will examine how size bias creates barriers to health care and in the therapeutic relationship. Lastly, we will discuss best practices for collaborating and coordinating care to offer support for transformational healing.

# NOTES

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# REFLECTION QUESTIONS

## Question 1

What I'm experiencing is...?

## Question 2

What lessons from this session are you taking with you into the world?

# REFLECTION QUESTIONS

## Question 3

As a result of this session, what actionable steps will you make professionally or personally?

## Question 4

What will you do to continue learning about this topic?



ASDAH CONFERENCE 2024

# EVENING ENTERTAINMENT WITH SOFIE HAGEN



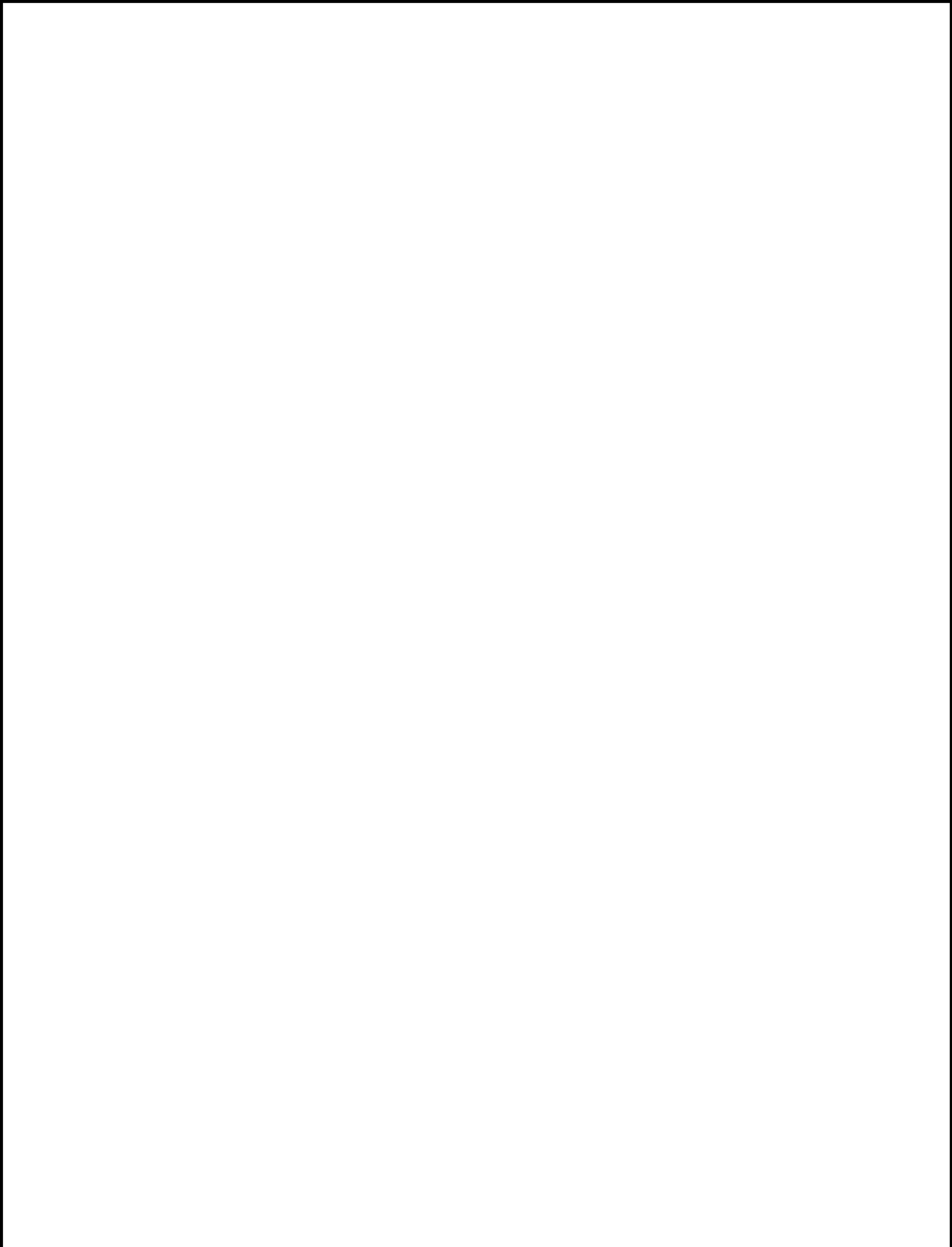
*Sofie Hagen*

**READS FROM THEIR NEW BOOK  
ENTITLED, "WILL I EVER HAVE  
SEX AGAIN?"**

Sofie Hagen takes questions and reads from her new book, *Will I Ever Have Sex Again?* and talks about why we're not having the sex we want and how body image and fatness can play into this.

EVENING ENTERTAINMENT WITH SOFIE HAGEN

# NOTES



EVENING ENTERTAINMENT WITH SOFIE HAGEN

# REFLECTION QUESTIONS

## Question 1

What I'm experiencing is...?

A large white rectangular box intended for a participant's response to Question 1.

## Question 2

What lessons from this session are you taking with you into the world?

A large white rectangular box intended for a participant's response to Question 2.

# REFLECTION QUESTIONS

## Question 3

As a result of this session, what actionable steps will you make professionally or personally?

## Question 4

What will you do to continue learning about this topic?

# DAY TWO SCHEDULE

01

**WELCOME, OPENING REMARKS &  
PERFORMANCE**



02

**FAT PEOPLE & MOVEMENT: HOW FAT PEOPLE  
CAN MOVE & RECLAIM THEIR FAT JOY**



03

**MINDFUL OASIS**



04

**CHAIRS, STARES, AND HEALTHCARE FARES:  
NAVIGATING THE COSTS AND CHALLENGES  
OF SUPERFAT DISABILITY**



05

**CLOSING REMARKS &  
PERFORMANCE/DEBRIEF**

ASDAH CONFERENCE 2024

# WELCOME, OPENING REMARKS



Pontsho Pilane



# SESSION 3

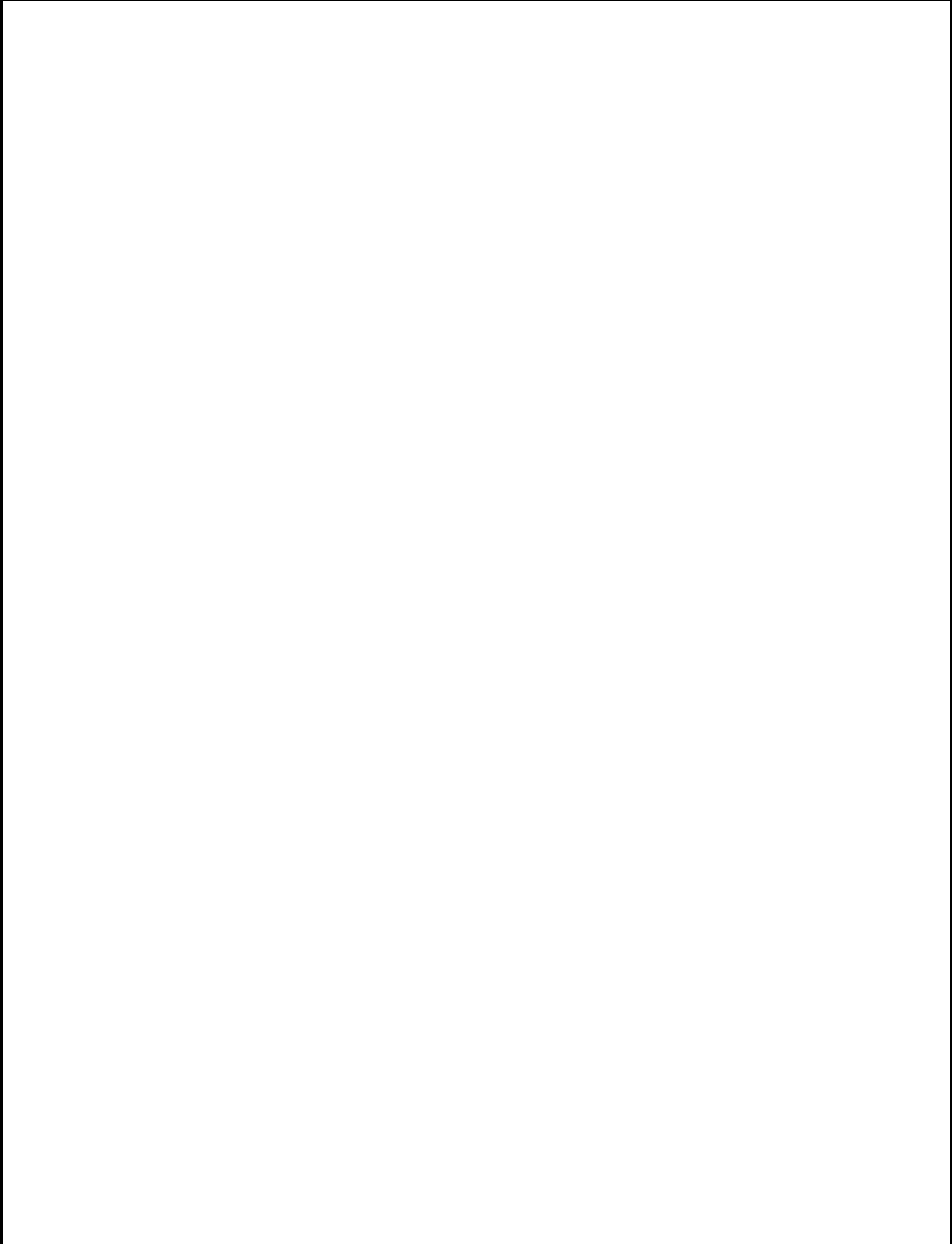


*Kanoelani Patterson*

## **FAT PEOPLE & MOVEMENT: HOW FAT PEOPLE CAN MOVE & RECLAIM THEIR FAT JOY**

Helping people in larger bodies reclaim movement, find fat joy, and incorporate fat self care into their daily lives. Learn about the Medical Industrial Complex, racism, and health abolition and how to create strategies for compassionate and empathetic care for fat people that does not involve weight loss.

# NOTES



# REFLECTION QUESTIONS

## Question 1

What I'm experiencing is...?

## Question 2

What lessons from this session are you taking with you into the world?

# REFLECTION QUESTIONS

## Question 3

As a result of this session, what actionable steps will you make professionally or personally?

## Question 4

What will you do to continue learning about this topic?

# SESSION 4



## Mindful Oasis

The Mindful Oasis portion is a break to take what you need! We will host several zoom breakout rooms including:

- **Networking** – This space will be for folks who want to connect with like-minded professionals. If requested, we can also make profession-specific rooms such as Academia Networking, Dietitians Networking, etc.
- **Connection** – This space is for anyone looking to connect in a non-professional capacity. A great place to make more fat friends and friends who don't diet talk!
- **BIPOC Fat Folks Space** – This space is exclusively for folks who are both Black, Indigenous, and/or People of Color and fat.
- **Music Room** – A place to connect around music and co-create a music playlist together via Spotify.

**\*This session is not recorded.**

MINDFUL OASIS

# NOTES

# REFLECTION QUESTIONS

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# CLOSING KEYNOTE

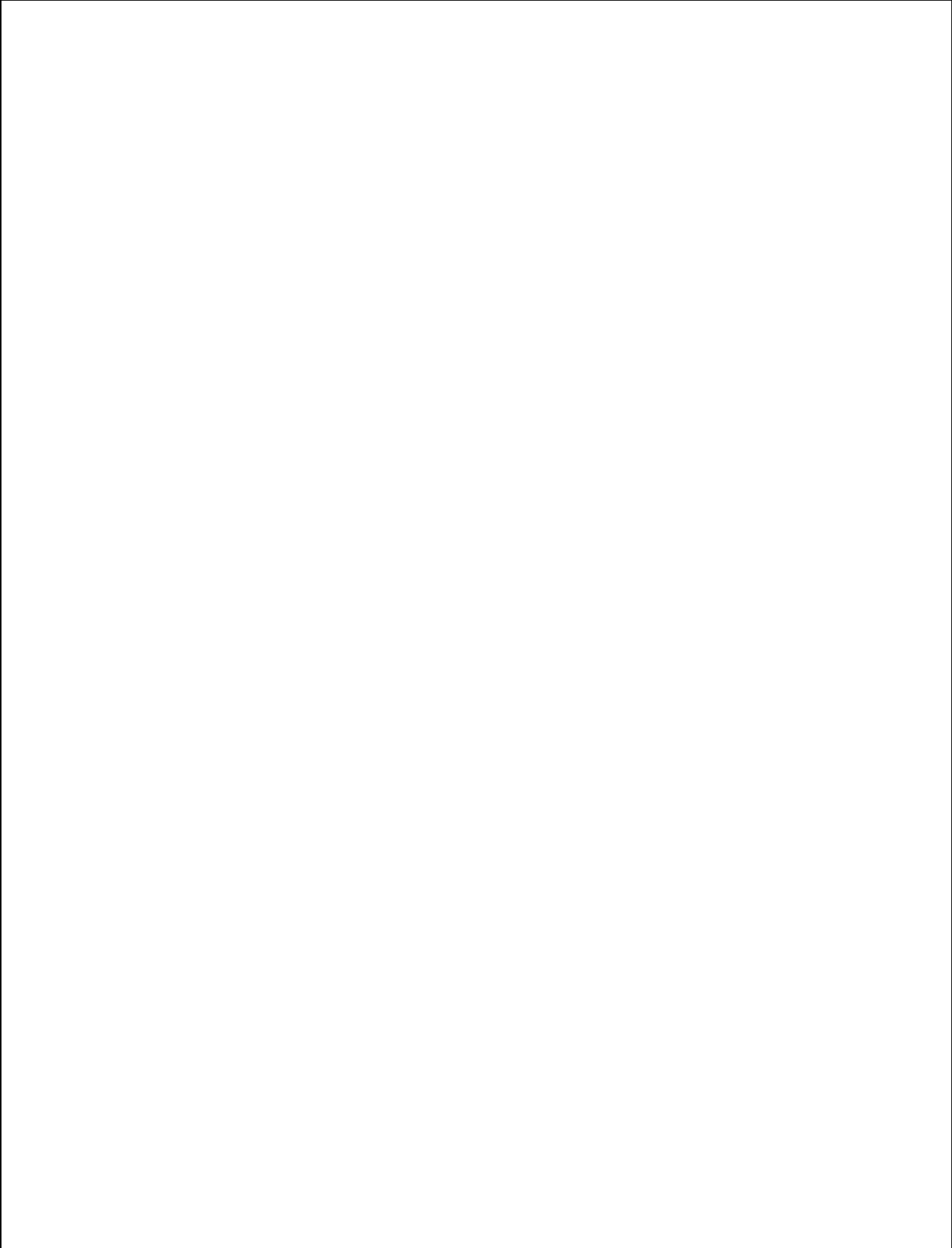


*Shilo George, MS*

## **CHAIRS, STARES, AND HEALTHCARE FARES: NAVIGATING THE COSTS AND CHALLENGES OF SUPERFAT DISABILITY**

This presentation delves into the unique challenges and triumphs of navigating life as a superfat and physically disabled individual. We will explore the financial burdens of acquiring accessible equipment, the emotional toll of fluctuating energy and pain levels, and the impact of internalized and external ableism and fatphobia. Attendees will gain insights into the journey of obtaining suitable mobility devices and practical strategies for advocating for better healthcare coverage. Shilo will share stories of challenges, wins and the important role of mutual aid, community and interdependence.

# NOTES



# REFLECTION QUESTIONS

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# REFLECTION QUESTIONS

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## Question 4

What will you do to continue learning about this topic?

# CLOSING REMARKS & PERFORMANCE/DEBRIEF



*Ari Janzen*



*Angel Austin*

*Ifasina Clear*



”

MAY THIS BE THE SEASON  
YOU KEEP ON CREATING.  
EVEN IN UNCERTAINTY.  
EVEN IN YOUR WAITING.  
THERE IS A FIRE IN YOUR  
SOUL THAT IS BURNING  
EVERY DAY. YOU ARE  
LEARNING SO MUCH HERE.  
YOU HAVE SOMETHING TO  
SAY.

—

MORGAN HARPER NICHOLS

# What's Next?!





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# COMPLETE THE EVALUATION



[ASDAH.ORG/CONFERENCE-EVALUATION](https://ASDAH.ORG/CONFERENCE-EVALUATION)



# BECOME A MEMBER



[ASDAH.ORG/JOIN](https://asDAH.org/join)

# DONATE



[MEMBERS.ASDAH.ORG/DONATE](https://members.asdah.org/donate)

Thank You  
FOR  
ATTENDING!