



City of
OAKLAND
California

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“Lose Hate, Not Weight” – Author and Activist Virgie Tovar Coming to Rockridge Branch Library

Oakland, CA – Get ready to start the holidays with love. Author and activist Virgie Tovar will be at the Oakland Public Library’s Rockridge Branch on Tuesday, November 22, at 6:30 p.m., to teach us how to Lose Hate, Not Weight. The Rockridge Branch is located at 5366 College Avenue.

Tovar will present the origins of our diet culture which began over 200 years ago with the inventor of the graham cracker. She’ll talk about our cultural obsession with weight loss, and how we can break up with diet culture in order to truly appreciate body diversity.

In Tovar’s words, “‘fat positive’ is a phrase that celebrates big bodies and sees fatness as part of the beauty of body diversity. Fat positivity is a bold political gesture that recognizes that the fear of weight gain and negative attitudes toward fat people are forms of bigotry that harm all people, regardless of size. Finally, to be fat positive is to activate the right that every person has to a life free from bigotry, shame and discrimination no matter their weight.”

Tovar holds a Master’s degree in Human Sexuality from San Francisco State University with a focus on the intersections of body size, race and gender and is one of the nation’s leading experts on fat discrimination and body image. She is the editor of the anthology, *Hot and Heavy: Fierce Fat Girls on Life, Love, and Fashion*, and the founder of Babecamp – an online course designed to help women “break-up with diet culture” and love their own bodies.

A list of books recommended by Tovar is available at www.oaklandlibrary.org/VirgieTovar.

Publicity images of Tovar available upon request.

For more information, please visit <http://oaklandlibrary.org>, contact Winifred Walters, Community Relations Manager at 510-238-3932 or wwalters@oaklandlibrary.org; or Emily Weak, Librarian, at 510-597-5023 or ewweak@oaklandlibrary.org.

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