Monday, September 21, 2020 Live Webinar Session 5 p.m.



SPEAKER SERIES:

Career in Nutrition & Wellness

Join us monthly as we host professionals in the nutrition, fitness, and wellness field



The Food and Nutrition Department

*Presents**

VIRTUAL SPEAKER SERIES**

Every Body's Welcome: Size Diversity in Fitness and Wellness

Courtney D. Marshall, PhD creates affirming fitness spaces that center the experiences of fat people. She's certified in many fitness programs including Spinning, Sliver Sneakers, AEA (aquatics), and Zumba and is currently writing a book *Ain't I An Athlete?* which reads racialized stereotypes of Black women's strength as integral to the development of American fitness culture. She used to be an English professor and has written a training guide which incorporates encouraging quotes from Black women's literature.

WEBINAR SESSION LINK:

https://zoom.us/meeting/register/tJ0rc0-uqD8qE9cKd9MzaUSO0qqRFor4K05L

For more information, contact Dr. Joyce Faraj via email at **jfaraj@framingham.edu.**Learn about disability accommodations for university events at: www.framingham.edu/accessibility.