

**At NAAFA we fight for fat rights, oppose discrimination in all forms, invest in intersectional fat community, and brazenly celebrate fat joy!**

# January 2024 NAAFA Newsletter



### Starting the New Year with Fat Joy and Fat Community at Fat Con

2024 started with a gathering of over 200 fat folk in Seattle for [Fat Con](#), three days of making fat friends and exploring various aspects of fat liberation. With over 60 hours of programming and participants from across the country, Fat Con provided opportunities for learning, networking, and more. NAAFA Board Members Dawn Clark and Elaine Lee, who both have attended and helped plan many fat community conventions over the years, [report back on how impressed they were](#) with this new addition to the world of fat-positive gatherings.

[Sign the Campaign for Size Freedom Petition!](#)



### Meet Our New Board Members!

We're adding three new fantastic fat advocates to the NAAFA Board of Directors this month, and we can't wait for you to get to know Jae'Lynn Chaney, Francisca Moreno, and Kat Redniss. [Read a bit about](#) our board search and these new team members.



### Video of the Month

Our [video of the month](#) features an episode of our Instagram Live series, Tamra Talks, where artist Bats Langley (he/him), joins Tamra Dozier-Garland (she/her) to discuss Fat Joy in Art. Follow us on Instagram @naafaofficial!



### Anti-Racism Resources

Each month, we feature educational resources to support dismantling



**INTERRUPTING RACIST CONVERSATIONS**

racism. These may include historical information, tools for personal reflection, or information about how to get involved. Many are introductory and are never intended to be full coverage on the complex and nuanced topics that are chosen each month.

This month, join us in exploring resources about [Interrupting Racist Conversations](#).



### Fund Fat Forever!

At the end of 2023, we asked you to #FundFat by donating to help NAAFA build programming and do policy work that supports fat community, fat labor, fat freedom, and fat joy. And you answered the call! We raised thousands of dollars, connected with new donors, and saw deepened commitment from so many in our community. Read more about how the year end fundraiser went and [why our community must continue to Fund Fat](#).

## Upcoming NAAFA Events



### NAAFA Webinar Series: Getting Big Laughs with Nikki Bailey & Chris Grace

In the first 2024 edition of the NAAFA Webinar Series, host Tigress Osborn is joined by actors/comedians Nikki Bailey and Chris Grace on Thursday 1/25 at 6:00pm PT. Register [here!](#)



### Fat Fridays Virtual Social Club

This monthly social event is held via Zoom and is an affinity space only for folx who identify as fat. The next gathering is on 1/26 from 5:30-7:30pm PT. Register [here!](#)

## Reminders/Announcements



### Stay Up to Date on the Campaign #SizeFreedom

Want to make sure you always know the latest on our efforts to end size discrimination and enact protective laws? Make sure you [sign the petition](#). You'll add your voice to the thousands already supporting Size Freedom and get all campaign updates! Share the petition with your friends and family and ask them to sign as well!

## Monthly Features



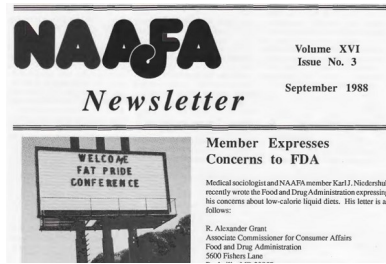
### Media & Research Roundup

The [Media & Research Roundup](#) is a



series of the latest in news and research affecting fat folk compiled by Bill & Terri Weitze.

**CONTENT WARNING:** Some articles featured in the *Media & Research Roundup* may refer to stigmatizing events or use stigmatizing language.



## NAAFA Chronicles

The [NAAFA Chronicles](#) are electronic versions of the NAAFA Newsletter from our earlier days and reflect a piece of fat acceptance/fat activist history.

**CONTENT WARNING:** Some articles featured in the *NAAFA Chronicles* may refer to stigmatizing events or use stigmatizing language.

[Click here to read the Newsletter Articles](#)

[Give to NAAFA](#)

[Click here to receive the Newsletter and special notices in your email!](#)

*Founded in 1969, NAAFA, the National Association to Advance Fat Acceptance, is a non-profit human rights organization dedicated to improving the quality of life for fat people. NAAFA works to eliminate discrimination based on body size and provide fat people with the tools for self-empowerment through public education, advocacy, and member support.*

On the web: <https://naafa.org>  
Comments or questions? Email us at [assistant@naafa.org](mailto:assistant@naafa.org)

Newsletter Content Editors: NAAFA's Communications Committee  
Email Layout Editor: Bill Weitze

***Any products or services mentioned in articles in this newsletter are for information only and should not be considered endorsements by NAAFA.***

*Health At Every Size® and HAES® are registered trademarks of the [Association for Size Diversity and Health](#), and are used with permission.*

