

**BODY POSITIVE BLUEGRASS PRESENTS**

# **RAGEN CHASTAIN**



**WHEN**

**Oct. 25, 2017  
6pm - 8pm**

**WHERE**

**Lexington Public Library  
Northside Branch  
Large Conference Room  
1733 Russell Cave Road  
Lexington, KY 40505**



**Body Positive Bluegrass is for anyone interested in a weight-neutral, stigma-free environment. We will meet together to support each other on the journey towards body acceptance and liberation.**

**[WWW.MEETUP.COM/BODYPOSITIVEBLUEGRASS/](http://WWW.MEETUP.COM/BODYPOSITIVEBLUEGRASS/)**

**6 P.M.**

**Dance For Every Body**

**A class for people of all abilities to learn some fun choreography and move for the joy of it.**

**7 P.M.**

**The World is Messed Up, You Are Fine**

**We'll examine the messages we get about beauty, bodies, and health, the effects they can have on every facet of our lives, and steps that we can take to fight back and create healthy relationships with food, movement, and our bodies.**

**SNIPPET**

**"During her interactive 60 minute keynote she shared her personal story via clever jokes, PowerPoint slides, statistical research, answering audience questions, and weaving advocacy all while being inclusive of all identities. She is TERRIFIC!!!!" -Shaashawn Dial-Snowden, Central Penn College**

**MORE ABOUT RAGEN**

**[WWW.DANCESWITHFAT.ORG](http://WWW.DANCESWITHFAT.ORG)**

