



# UNIVERSITY OF SAINT JOSEPH

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### **University of Saint Joseph Commemorates National Eating Disorders Awareness Week with Appearance by Rosie Molinary, Author of *Beautiful You***



The University of Saint Joseph will commemorate National Eating Disorders Awareness Week (February 24-March 2) with a workshop/lecture by Rosie Molinary, author of *Beautiful You: A Daily Guide to Radical Self-Acceptance*. The event will take place on February 19, 2013 at the University's main campus at 1678 Asylum Avenue in West Hartford. The workshop — which is free and open to the public — will begin at 6:30 p.m. in the Bruyette Atheneum's Hoffman Auditorium.

An author, teacher, and activist, Molinary will lead an interactive discussion and share 10 powerful lessons about journeying to self-acceptance. “Everyday, we perpetuate non-inclusive body and beauty ideals that limit our possibilities. It is time for women of all colors, sizes, and ethnicities to confront the boxes they are placed in by themselves and others and create worldviews that are expansive and empowering,” she said.

Molinary is also the author of *Hijas Americanas*, a book on Latina body image. In addition to writing, she teaches at the University of North Carolina at Charlotte and speaks on body image, diversity, self-awareness, social justice and writing around the country.

Books will be available for purchase and signing at the event. For more information, contact Meredith Yuhas, Ph.D., at [myuhas@usj.edu](mailto:myuhas@usj.edu) or 860.231.5366

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*The University of Saint Joseph (USJ) offers a wide range of graduate, undergraduate, and certificate programs that combine a professional and liberal arts education with a focus on service. Coeducational graduate master's and doctoral degree programs are taught on the University's two campuses in West Hartford and Hartford, Connecticut; at off-campus locations throughout the state; and online. Undergraduate programs for women and for coeducational adult students take place on our beautiful suburban campus and include more than 22 majors and six pre-professional programs, each of which provides personal attention in a caring environment. Founded in 1932 by the Sisters of Mercy, the University of Saint Joseph welcomes students from diverse backgrounds and religious traditions. To learn more, view our website at [www.usj.edu](http://www.usj.edu).*

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