



UNIVERSITY of  
MASSACHUSETTS  
150 Infirmary Way  
Amherst, MA 01003-9288

University Health Services

voice: 413.577.5000

fax: 413.577.5488

## PRESS RELEASE

**For Immediate Release**

**Contact: Karen Dunbar Scully, UHS Communications & Marketing  
(413) 577-5077; [kdscully@uhs.umass.edu](mailto:kdscully@uhs.umass.edu)**

February 11, 2008

### **Author's talk at UMass challenges body, beauty ideals**

AMHERST, Mass. – What is beauty? Author Rosie Molinary believes it can be a confining box, where too many women either place themselves, or are placed by others. In a talk February 27 at the University of Massachusetts Amherst, she'll share tools to help break free.

"Smashing the Beauty Box" begins at 7 p.m. in the Malcolm X Cultural Center, on the lower level of Berkshire Dining Commons; admission is free. The event is co-sponsored by the Bilingual Collegiate Program; Everywoman's Center Counseling Services; Health Education at University Health Services (UHS); the Josephine White Eagle Cultural Center; the Malcolm X Cultural Center; and the Women of Color Leadership Network.

"Every day, we perpetuate non-inclusive body and beauty ideals that limit our possibilities," Molinary says. "It is time for women of all colors, sizes and ethnicities to confront the boxes they are placed in ... and create worldviews that are expansive and empowering. Frank discussion helps women escape the stranglehold of beauty so that we can concentrate our energies on using our skills and experiences to improve our world."

Molinary is a freelance writer, author and teacher whose works have appeared in national, regional and literary magazines and books. Her first book, "Hijas Americanas: Beauty, Body Image and Growing Up Latina," published in June, 2007, offers a provocative look at beauty, identity and womanhood as defined by ethnic culture, parental upbringing and American standards. Molinary also teaches workshops on creativity, journaling, social justice and writing for continuing education programs, schools, colleges and conferences.

Molinary's talk is the last in a series of events marking National Eating Disorders Awareness Week. Others include:

- a screening of the HBO documentary "Thin," Feb. 20, 5 p.m. in room 917 of the Campus Center;
- "Weigh Your Self-Esteem," an interactive demonstration Feb. 25, 5:30 – 7 p.m. in Berkshire Dining Commons;
- "Andrea's Voice," a talk by the parents of a young woman with an eating disorder, Feb. 25, 6 p.m. in Franklin Patterson at Hampshire College; and
- a healthy eating workshop, Feb. 26, 5 p.m. in room 302 at UHS.

For more information, call UHS' Health Education department, (413) 577-5181.