

Sharing Self-Acceptance

Tonight, artist Judith Shaw wants to share a simple message with the RISD community: be good to yourself. *Tonight's opening talk starts at 7:30 pm. The presentations (sponsored by the Office of Student Affairs) and are listed on RISD's calendar.*

The impassioned social activist will talk about *Body of Work: The Art of Eating Disorder Recovery*, a visual representation of her struggle with anorexia now on display in The Met through January 31. Shaw's inspiring story chronicles a journey of self-discovery full of hard-fought challenges and uplifting victories.

"Judith's message is an important one to share with the RISD community," explains Director of Student Development and Counseling Services Wayne Assing. "It's about being resilient and finding the power to truly embrace yourself."

On Thursday, Shaw and members of the Student Development staff will conduct a series of workshops in The Met that promote self-acceptance. For example, students can learn deep breathing techniques in a yoga class or discuss healthy eating habits with Brown University nutritionists.



RISD's Wayne Assing with "Body of Work" artist Judith Shaw