



Recognizing Systemic Bias

Examine how anti-fatness intersects with other forms of oppression, including anti-Blackness. Understand the systems that impact fat individuals in medical spaces.

4/10

Swipe →



Reimagining Pregnancy Care

Explore fat-positive models of care, weight-inclusive approaches, and the role of self-advocacy in fostering supportive prenatal experiences.

6/10

Swipe →



Preparing for Pregnancy and Birth

Develop a mindset that empowers you to navigate the medical system with autonomy. Learn practical advocacy tools for both yourself and your support network.

7/10

Swipe →



Choosing the Right Healthcare Provider

Discover strategies for identifying fat-positive providers, assessing their approach to care, and preparing for medical appointments to ensure respectful treatment.

8/10

Swipe →



Collaborating with Your Provider

**Learn how to engage in shared
decision-making, confidently voice
concerns, and handle challenging
medical situations with resilience.**

9/10

Swipe →



Liberate **YOUR FAT BIRTH**
COURSE

BIG FAT PREGNANCY

**Begin Your
Journey Toward an
Empowered Birth!**

LINK IN BIO

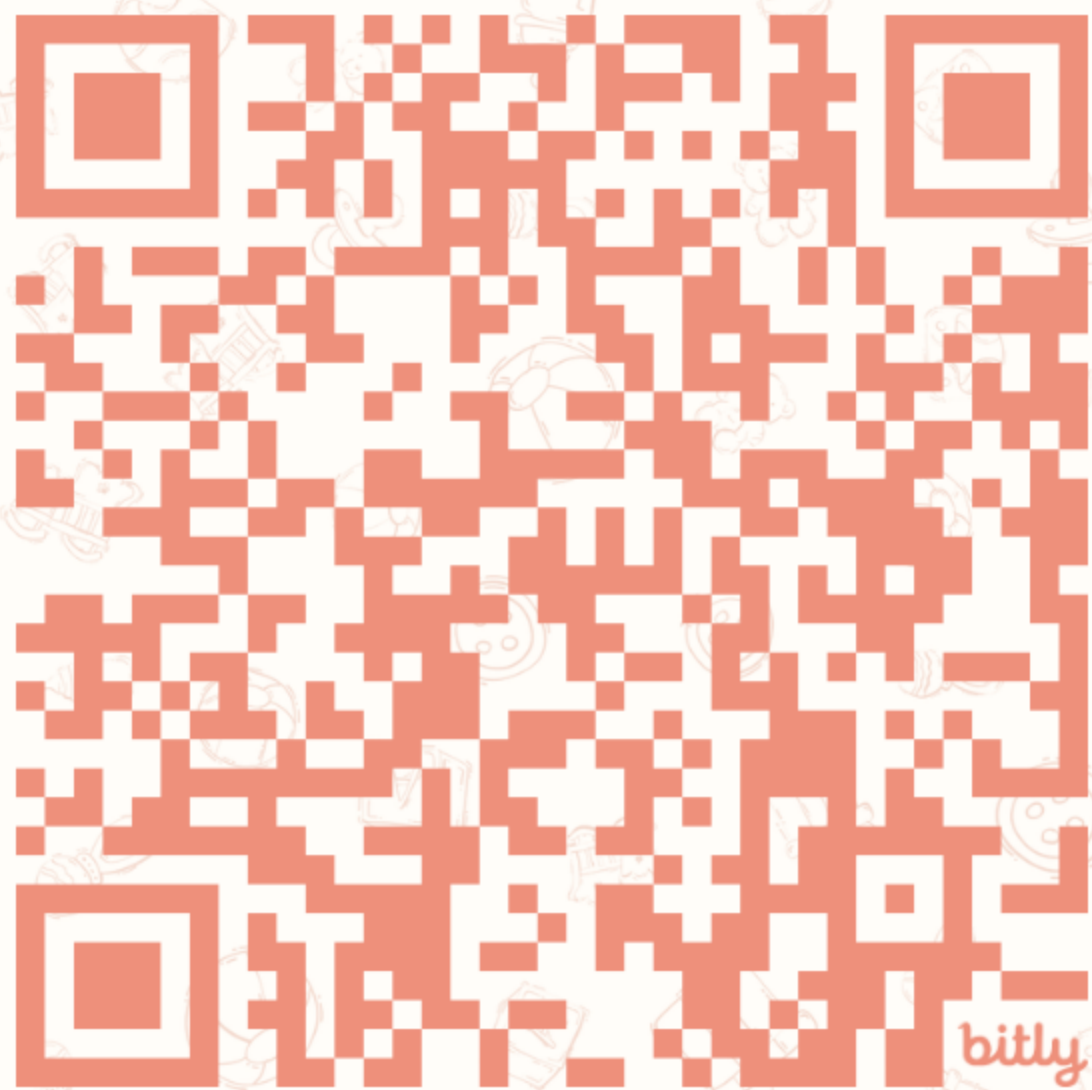


Liberate YOUR
FAT
BIRTH
COURSE

**BIG FAT
PREGNANCY**

**Begin Your
Journey Toward an
Empowered Birth!**

bit.ly/liberatefatbirth



**Begin Your
Journey Toward an
Empowered Birth!**