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For Immediate Release

FANS HEAR AND MEET 'WHAT NOT TO WEAR' STAR, CLINTON KELLY, AT OVERLOOK HOSPITAL

SUMMIT, NJ, APRIL 25, 2009 - Clinton Kelly, best known for the warm humor and stylistic flair he brings each week to TLC's top-rated show, "What Not to Wear," entertained and enlightened a packed auditorium at Overlook Hospital on Saturday morning with tales from his show and personal fashion advice to women in the audience.

Kelly was the guest speaker of "Celebrating Women," hosted by the Women's Services and Community Health departments at the Wallace Auditorium at Overlook Hospital.

The audience of more than 300 people included a large contingent of What Not to Wear fans, moms and their teenage daughters, groups of close friends, and some husbands. A few women came from as far as New York City.

Kelly talked about the "7 Steps to High Self Esteem," before taking questions from the audience and then meeting with fans for photos and autographs.

He opened his talk and relaxed the audience with a good laugh.

"I have done 250 make-overs for 'What Not to Wear' and I have seen thousands and thousands of women in their underwear."

Valerie Gibbons, of Millburn, got the inspiration she needed. Gibbons, a recently divorced mother of two older children, heard about Kelly's visit at Overlook Hospital and decided to come to the event.

"I knew I needed a pep talk to revamp my closet and get a new look," Gibbons said.

Kelly discussed each step. Step 1: Be Skeptical.

"People lie, especially people in the entertainment industry," advised Kelly. "Never compare yourself to others."

Step 2: Embrace Your Imperfections. This resonated with many women, especially mothers who brought their teenage daughters.

"You are both perfect and imperfect," said Kelly. "Accept that you are not going to be perfect."

(more)

T H E P A S S I O N T O L E A D

Kelly encouraged audience members to go home and make a list of bodily imperfections on the left side of a sheet of paper, and counter it with something positive in your life on the other side. A positive could be a loving husband, a career you love, a niece who labels you as their favorite aunt, etc.

"Then tear off the left side and throw it away!" said Kelly.

Other Steps from Kelly touched on the topic of clothing, and how you look reflects on how you want the world to treat you (dress sloppy and you will be treated sloppily) and be ruthless with your closet and get rid of the sizes that don't fit, because they create emotional baggage. Kelly emphasized that your closet should be something positive, not negative.

"I have a lot of work ahead of me," said Jeanette Stein, of South Orange. "I hang on to too many outfits I hope to fit into one day, and it makes me depressed. Clinton Kelly gave me the license to say good-bye and give them away."

"Stop shopping like a mindless zombie," added Kelly. "Think of it as a job, and don't buy it just because it's on sale."

Kelly warned the audience that once you look great and have higher self esteem, be wary of the haters.

"There will always be someone who tries to bring you down," said Kelly. "Lose them."

The questions asked by audience members focused on their outfits.

"There is something wrong with your pants," said Kelly to a 5' tall woman standing in front of the crowd. "Are those petite size pants or did you get a regular size and crop them? Don't do that!"

Roberta Ellen, of Summit, said she watches the show any chance she gets. She heard about the event when she was visiting on the mother/baby unit at Overlook Hospital.

"I feel like he's my personal coach, I hear his voice when I am clothes shopping," Ellen said.

Kelly told the audience members to watch out for trends that are not age appropriate, and advised to "...do a trend on one half of the body and classic on the other." And all women must grasp the concept of proportion to avoid looking top or bottom heavy. He strongly advises against long shirts and suggests hemming long shirts to mid hip length to emphasize the hourglass figure unique to women.

The audience members were familiar with his suggested neutral colors for every wardrobe: black, white, grey, navy, khaki and brown. They go with any colors.

The show, "What Not to Wear" receives 1000 nominations per week. Since 2003, Kelly has appeared in nearly 250 hour-long episodes of the series, in addition to several specials for TLC including Fashioning a Home with Clinton Kelly, Mind Your Manners, and Redo My Spouse.

Kelly's closing statement received great applause.

"If things don't fit you right, blame it on the designer, not you."

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