ONE-WOMAN COMEDY • THEATRES • COLLEGES • SCHOOLS BOOK IT. IT SELLS OUT.

SCARED SKINNY

A One (Hundred Pound Lighter) Woman Show

WRITTEN & PERFORMED BY MARY DIMINO



> **"She shares her story of weight loss and maturation with riotously funny delivery."**
> THE WALL STREET JOURNAL

65 MIN • FULL SHOW **30 MIN VERSION**

SCHOOL VERSION

1 PERFORMER • MINIMAL TECH

One woman's tale of **growing up fat, funny and afraid** in an Italian family from Queens. She faced her fears, lost **100+ pounds** — and turned the whole hilarious, heartfelt journey into the solo show audiences stand up for.

AWARDS & HONORS — UNDISPUTED HEAVYWEIGHT KNOCKOUT

- **Overall Excellence Award for Outstanding Solo Show**
  New York International Fringe Festival
- **Gracie Allen Award**
  For the PBS documentary "Fat: What No One Is Telling You"
- **MAC Award Nominee — Outstanding Special Production**
  Scared Skinny • Manhattan Association of Cabarets & Clubs
- **MAC Award for Outstanding Female Comedian**
  Manhattan Association of Cabarets & Clubs
- **Backstage Readers Choice Award**
  Best Comedy Teacher
- **Arts & Culture in New York Schools**
  NY Arts and Culture program — with Governor Andrew Cuomo's office & H.G. Fairfield Arts

The buzz is loud.

PRESS • CRITICS • FANS

> **"Dimino is a natural."**
> THE WALL STREET JOURNAL

> **"Dimino is a born raconteur, with exuberance and heart."**
> CURTAIN UP

> **"Dimino creates an atmosphere of good will and cheer that wins the audience, who root for her through and through."**
> SHOW BUSINESS WEEKLY

> **"You think you're going to laugh, and then you cry and then you're laughing again. Mary Dimino has created a true comedic masterpiece."**
> CARMEN GOLDBERG, BLOG TALK RADIO

> **"Hundreds of laughs. Through it shines Dimino's humanity — and her beautiful, undefeatable spirit. Come see this to get to know one of the most appealing stars of the festival."**
> HY BENDER, CRITIC

PROVEN ROOMS. PROVEN DRAW.

- New York International Fringe Festival — Paradise Factory, NYC SOLD OUT
- John W. Engeman Theater, Northport, Long Island (754 seats) SOLD OUT
- Theatre 80 St. Marks, NYC — All For One Theater Festival SOLD OUT
- Hamilton Stage, Union County Performing Arts Center, Rahway, NJ SOLD OUT
- Bearsville Theater, Woodstock, NY — H.G. Fairfield Arts, anti-bullying initiative SOLD OUT
- Times Square Arts Center — residency

EASY TO PRODUCE

One performer. Minimal tech. No set to build, no company to house.

Three lengths so it fits a mainstage night, a double bill, a lunch hour, or a school period.

Warm, universal — body image, family, food, and finding your nerve. **School version is 100% clean.** Books beautifully for women's programming, wellness weeks, and comedy series.

TURN PAGE FOR BIO, BOOK & SCHOOL PROGRAMS →

FOR PRESENTERS, COLLEGES & SCHOOLS — WORKSHOPS + PERFORMANCE

More than a show.
It's a residency audiences remember.

Book the performance alone, or pair it with writing workshops. Students write, laugh, and find their story — then see it come alive on stage.

ARTIST IN RESIDENCE

Write it. Then watch it soar.

Mary teaches **writing and storytelling workshops**, then performs *Scared Skinny* for students and faculty. Create in the classroom, celebrate on stage.

- **Example:** George Fischer Middle School (Carmel, NY), where workshops build confidence and voice before the performance brings the whole school together.
- Backstage Readers Choice Award for Best Comedy Teacher.
- **Previously:** led narrative writing workshops through the NY Arts and Culture program, in coordination with the Governor's office & H.G. Fairfield Arts.

PICK YOUR FORMAT

One show. Three ways to book it.

Full Show — 65 min	Mainstage & college PAC
Short Cut — 30 min	Festivals, showcases, double bills
School Version	Age-appropriate + Q&A • 100% clean

One performer, minimal tech. School version: 100% clean. 65-min full version: not billed as 100% clean.

THE BOOK

Scared Skinny No More

By **Mary Dimino and Dr. Brad Johnson**. Her 100+ pound weight-loss story plus clear facts on dieting and obesity — funny, honest, myth-busting.

A companion to the show. Sunbury Press. **Debuted #10** on the publisher's bestseller list. Great for lobby and campus sales.

SUNBURY PRESS | #10 BESTSELLER DEBUT | BOOK + SHOW TIE-IN

ABOUT MARY

Mary Dimino

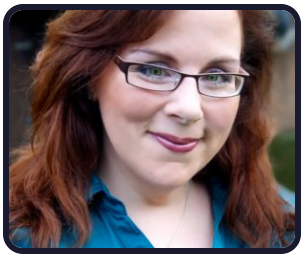


Photo: Mary Dimino

Award-winning comedian, actress and writer. MAC Award winner for Outstanding Female Comedian.

TV: NBC *Today Show*, FOX *Laughs*, PBS, HBO *Chris Rock Show*, Comedy Central *Graham Norton Effect*, *Letterman*, *Conan*, *SNL*, *Dr. Oz*, dozens of commercials.

Caesar's Palace Las Vegas, Feinstein's, The Improv, Laugh Factory. Opened for Janeane Garofalo, Ray Romano, Richard Belzer. Original cast, Danny Aiello's *The Italian Chicks*.

Warm and instantly likable — Mary makes a room feel like family.

Why presenters book it again

- **Universal story:** weight, family, food, courage — everyone sees themselves in it.
- **Laughs with heart:** audiences leave lighter in every sense.
- **Flexible:** one artist, minimal tech, three lengths.
- **Outreach built in:** workshops, talkbacks, book.

PUBLISHED

The Book of Estrogenius

The *Scared Skinny* script is published in the selected anthology *The Book of Estrogenius: A Celebration of Female Voices*, alongside other remarkable female playwrights.

"Dimino captures the essence of this struggle with humor and honesty like I've never seen before. Definitely catch Scared Skinny. Her performance is utterly captivating."
NYTHEATRE.COM

"Mary Dimino exemplifies the hard work people do to lose pounds and stay healthy. I'm one of her biggest fans."
MEREDITH VIEIRA

"When Mary Dimino hits the stage she brings an innocent charm. She made her audience roar with laughter." — and "With humor and sincerity, Dimino transported me into her remarkable world."
THEATER DEVELOPMENT FUND

Available for Licensing to Theatres & Producers Worldwide

BOOK SCARED SKINNY FOR YOUR STAGE OR SCHOOL

Let's fill your room.

MARY DIMINO

917-831-7158 • inquiries@scared-skinny.com • mary-dimino.com

65-min • 30-min • School version • Workshops + performance residencies nationally.