



Westbeth Gallery  
55 Bethune Street - New York, NY 10014  
[www.westbeth.org](http://www.westbeth.org)

PRESS RELEASE

## TAMI LUCHOW – THE DIS TOUR

JULY 2<sup>nd</sup> – JULY 27<sup>th</sup>, 2025

Opening Reception:  
Wednesday July 2<sup>nd</sup>, 2025 from 6:00 PM – 8:00 PM

Gallery Hours:  
Wednesday – Sunday from 1:00 PM – 6:00 PM

Artists' Talk:  
Wednesday, July 23<sup>rd</sup> at 7:00 PM  
Tami Luchow



Photo by Andrew French



Photo by Tami Luchow

The Westbeth Gallery is thrilled to showcase the work of multi-hyphenate Tami Luchow in DIS IS LIFE : DIS IS YOU : DIS IS ME : DIS IS US (Gallery 3). This marks the official kickoff of THE DIS TOUR, where Luchow—a celebrated author, artist, and speaker—amplifies voices from across the country and the world, championing representation and visibility for marginalized communities. Featuring photography, multimedia, sculpture, mobiles, and interactive pieces, the exhibit pushes boundaries and fosters a shared sense of humanity. Visit this interactive experience and be part of Tami's circle, as Tami says, "DON'T DIS US, JOIN US!"

Tami Luchow was born in New York City, just like Westbeth Gallery. Tami was born prematurely, with a physical disability, and later in life she was diagnosed with an invisible disability. She has lived life knowing that the world often makes snap judgments and discounts the lives of those with differences. Tami is a keynote speaker, writer, changemaker, leader, and she is the author of the bestselling *Poems for A Memory*. Tami runs workshops on representation, community, belonging and self-care. She advises C-suites, executive teams, and human resource professionals. Tami is also a motivational speaker at businesses, universities, schools, camps, and other organizations encouraging everyone to build more confident, meaningful, and successful lives. A former journalist with NBC News, and a ski racer on an international circuit, Tami channels her competitive spirit to stand up for people often overlooked in places of power. Tami works on getting her foot in the door and a seat at the table to make a positive impact. Presently, Luchow lives and works in the New York City area. She founded the non-profit CARE FOR LIFE AND LIMB, currently on hiatus. Look for her podcast #DISTABLE/#ASEATATDISTABLE TALKS in the near future. Tami is currently working on her memoir and she is planning new stops for #THEDISTOUR!

"This exhibit is all about using my own personal story so that people with visible and invisible disabilities and their families and friends will know that their own stories are worthy of respect, care, and value. Each and every human experiencing the exhibit will realize that together by telling our DIS stories - as people from all different backgrounds - we represent a community of humans who are unique and strong. For everyone who has been judged and/or marginalized, as I was at birth, this exhibit shows the world that we are worthy of belonging in this world and that we can represent all the facets of our lives in strength and community."

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