

'A HEALTHY OBSESSION'

Join us at our ten free creative sessions using fun, imaginative drama, writing and creative techniques and activities to explore issues around food, health and well-being.

Learn how to develop and put on a creative performance show, learn what happens before, during and after a show is performed

We will provide a safe environment where participants feel comfortable and supported in sharing experiences around food, health, and well-being, whilst engaging in open exploration.

We will look at what you think is healthy. With these insights we will develop a performance piece using drama, creative writing, poetry and music

As well as facilitating an exploration of the subject matter, the activities will provide participants with a range of long lasting soft, transferable skills which will help increase self-confidence, self-worth, self-esteem, self-expression, communication and interaction with others

Wednesday 6th March 2019	6-8pm
Saturday 9th March 2019	6-8pm
Wednesday 13th March 2019	6-8pm
Saturday 16th March 2019	6-8pm
Monday 18th March 2019	6-8pm
Wednesday 20th March 2019	2-5pm
Saturday 23rd March 2019	2-5pm
Wednesday 27th March 2019	2-5pm
Thursday 28th March 2019	2-5pm
Friday 29th March 2019	2-5pm

Places are limited so please email
loudeemy@gmail.com

with contact details to book your place.

LouDeemY Productions, THE SQUARE Unit 1, Floor 2
111 Broad Street Birmingham, B15 1AS
0121 792 3297



LOTTERY FUNDED

