

The Arts and Wellness Workshop

Victorian
Seniors
Festival
October
2018

Explore wellness through creative writing, drawing and music

Tuesday 16th October 2018

Following on from Jill Rivers presentation on her book: *The Arts Apothecary: A vital prescription for health, happiness and wellbeing*; these workshops are opportunities to do something new and explore wellness through creative writing, drawing and music.

**Drawing workshop
facilitated by Gareth
Colliton**

**Writing workshop
facilitated by Jill Rivers**



Where : Archie Graham Community Centre

Time: 10.30 - 11.30 am & repeated at 1.00 - 2.00 pm

Cost: \$5.00 per workshop - payment on booking

Bookings: Limited places - Phone Archie Graham on 55594 920

