

Big Body Play Labs



- discover the **stories of your body**
- explore the effect of our environments on our stories
- learn creative **self-care skills**
- hear **stories of recovery** from artists
- experiment with **art, writing & visual journaling**

This series of three workshops is open to anyone who wants to explore and challenge their perceptions of the body and discover how to nurture yourself and embodied art practices.

You can attend 1 or all 3.

Only 10 spaces available per workshop. No art experience necessary!

Cost: \$15 or \$10 concession (payment by direct debit or cash one week prior)

Life Drawing

with Barbara Fordham & Alee Lee

Fri 29th April, 6-9pm
supper provided

Writing from the Body

with Tamara Lazaroff

Sat 14th May, 2-5pm
snacks provided

Creative Journaling

with counsellor Alee Lee

Fri 27th May, 6-9pm
supper provided



The Eating Issues Centre
1/109 Gladstone Rd, HIGHGATE HILL

RSVP 3844 6055 or info@eatingissuescentre.org.au