

Are you a woman over 50?

Now is the best time to create!

Unleash your creativity

Tuesdays | 9.30am – 12.30pm

3 July – 30 October 2018

@ Jupiter Room

8 Waldheim Street, Annerley

Art and book making, collage and creative writing (no art experience necessary).

Playfulness for increased wellbeing

Thursdays | 9.30am – 12.30pm

5 July – 9 August 2018

@ Jupiter Room

8 Waldheim Street, Annerley

Laughter yoga, mindfulness methods, art therapy.

Facilitated by Denise Dillon Bolland | www.unlimitedcreativity.com.au

Register for either free program by 19 June 2018

margaret.yuille@micahprojects.org.au

Morning tea provided.

300m walk from Annerley Junction bus stop 22.

MICAH PROJECTS



Breaking Social Isolation
Building Community