

## Creativity Inspired by You



*As weather gets cooler, we might experience difficulty in getting motivated. Engaging in creative activities is one way to help inspire and motivate you. Come and join us at this community event and create a visual expression inspired by you! Materials are provided. No art experience is required.*

Are you curious about art therapy and what it has to offer? In this creative workshop we will focus on inspiration. Using positive visual images to make magazine photo collages to help motivate and express your authentic self. Absolutely no art experience is required.

Creativity Collage Workshop to take place on Saturday, November 22, 2014 from 10:00 - 11:00 am. at Luc's Sculpture Studio & Yuri's Village Naturopathic & Holistic Clinic, 663 Greenwood Ave at Danforth. Part of the Health, Food, Creativity Event (Nov. 22-23, 2014). This community event focuses on health and wellness through creativity, a unique expression of each individual soul. Event website: <https://sites.google.com/site/healthfoodcreativity/>

Limited Seating reserve your spot and email: [info@gracechiu.ca](mailto:info@gracechiu.ca) Workshop facilitated by Grace Chiu, BA, DTATI an Art Therapist who uses an art-based therapeutic approach to promote personal growth, positive change and well-being. Visit her at [www.gracechiu.ca](http://www.gracechiu.ca)

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