



drumforchange.com  
conduitforchange.com

# Creative Approaches



Programs start at \$300

We provide interactive creative life enrichment and wellness activities using rhythm, music, gentle movement, expressive and visual arts, storytelling and song. Our creative approaches serve varied cognitive and physical abilities for engaged and healthy, happy lives for all ages.



## Meet Greg and Annelies!

*Greg Whitt* is an award-winning teaching artist, edutainer, veteran and rhythm facilitator. [www.drumforchange.com](http://www.drumforchange.com)

*Annelies Gentile* is a multi-disciplinary artist, certified integrative wellness coach, author and facilitator of magical experiences. [www.conduitforchange.com](http://www.conduitforchange.com)

## PLAY in a Variety of Forms



- Storytelling (Greg)**
- Rhythm Circle (Greg)**
- Laughter Yoga (Annelies)**
- Interplay Embodied Creativity (Annelies)**
- Arts Integration: Watercolor & Poetry (Annelies)**
- Storytelling & Gentle Movement (Greg & Annelies)**



## Storytelling with Greg

Through his research trips and study of ethnomusicology, Greg has collected amazing stories from around the planet. These stories are filled with life lessons for modern society. Presented as edutainment, each has a wonderful nugget of folk wisdom to delight and inspire audiences of all ages.



## Interplay with Annelies

Explore through expressive arts of laughter, gentle movement, creative dialogue, song and more. Benefits are many including shared joy, increased wellbeing, stress reduction, improved imagination and personal freedom.



## Rhythm Circles with Greg

Guided interactive musicmaking. Creatively connect in ways that are joyful, engaging, and good for you. Hands-on experience with a variety of small and large percussion instruments including bells, shakers, drums, wooden shapes, singing and more. Adaptable for varied needs and abilities.



## Arts with Annelies

Arts Integration invites personal creative exploration through art-making. Includes visual and written arts of watercolor and poetry. Taught as separate classes or a combined experience. All abilities welcome.

**Greg Whitt 919-696-0883**  
[www.drumforchange.com](http://www.drumforchange.com)

**Annelies Gentile 919-345-8396**  
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