



## Discover Balance

### ***"Revitalizing the Next Phase through the Expressive Arts"***

Tuesday, March 29, 11:00am-12:30pm  
DWN HUB

Discovering What's Next® invites you to the Discover Balance Meeting-Up, "Revitalizing the Next Phase through the Expressive Arts, Tuesday, March 29, 11:00 -12:30pm, DWN HUB, Newton Cultural Center, 225 Nevada Street, Newton, led by Sara Dickman, M.S., ATR-BC.

This creative workshop utilizes the medium of collage (pictures and color) to evaluate one's past experiences, focus on present realities and plan the future of an individual's life path. Collage, as an artistic venue, explores the meanings of these experiences and can help clarify future goals in a creative and life-enriching way. No previous art experience is necessary--only a willingness to use one's imagination and have fun.

Sara has a degree in Art Therapy and Art Education and is a former faculty member of the Cleveland Institute of Art. She consults with community groups and schools in the area and has a private practice in Newton. Her workshops deal with the use of art to facilitate growth with issues of transition, divorce, education, abuse, eating disorders, chronic illness, geriatric and special needs work.

Fee for this program is \$5.00 payable at the door. Kindly pre-register for this program by email to [info@discoveringwhatsnext.com](mailto:info@discoveringwhatsnext.com) or phone 617-467-5438.