

 Artists'
Toolbox
2017/2018

HEALTHY HABITS

Artistic practice can entail unhealthy habits. This workshop will help artists gain individual insight into their own habits in regards to diet, exercise and sleep.

Facilitators:

Vicki Hawkins, Physiotherapist

Nishta Saxena, Registered Dietitian

from The Al & Malka Green Artists' Health Centre

01.25.2018

12:30PM - 4PM

ARTSCAPE YOUNGPLACE, FLEX STUDIO 9

180 SHAW STREET, TORONTO

COST: PAY WHAT YOU CAN (REGISTRATION REQUIRED)

 ARTSCAPE

Register at artistshealth.com/aha or call (416) 351-0239

