

# Camp Creative: A Playdate for Women

**Saturday,  
November 4, 2017**

9 a.m.-1 p.m.

## Featured Presenters

- » **Kimberley Ussery, MFA**, Creative Writing, UCR and teacher at Desert Sands Unified
- » **Alissa Marshall, M.A.**, 30 years in education, studied theatre in the US and England and performed in stage productions from Shakespeare to musical theatre
- » **Rebecca Lorraine Lopez, M.S.**, Art Teacher, Palm Desert, High School

## Registration Fees

(Includes parking, workshop materials, snacks and refreshments)

### UCR Osher member:

\$35 with Member ID

Section: 172-CCS-210

### Non-Osher member:

\$50

Section: 172-CCS-211

## UCR Palm Desert Center

75-080 Frank Sinatra Drive  
Palm Desert

This is not your typical workshop! It is more like a one-way ticket from Blahsville to Inspiration City. Learn how to express yourself through words and movement, nurture your playful side, and defy that old art teacher who said glitter does not belong on everything. You will engage in a day packed with fun learning experiences designed to reawaken your innate creativity, indulge your curiosity, and discover yourself in wonder and surprise. Workshop facilitators are talented, friendly and relatable, cultivating a sense of community. Sessions include tapping into your voice through journaling, make-and-take art projects, celebrating joy through movement, and connecting with the self through improvisation. If you deserve a day of unbridled awesomeness, Camp Creative is for you.

## Workshops

- » **Finding Your Voice Through Journaling:** We will utilize journaling as a tool for improving body image and self-compassion. Exploring ideas through metaphors and word choice, we will step out of clichés and write with greater creativity about authentic topics such as passion, sexuality and connection. We will participate in creative visualization and writing exercises to tap into our sensuality and awaken our creativity.
- » **Art as Self-Expression:** Designed for beginners who wish to develop creativity skills and use art as a way of self-discovery. You experience a variety of art techniques, artistic team building activities, and therapeutic approaches designed to help utilize art as a tool for inspiration.
- » **Connecting with Creativity Through Improvisation:** We begin with some fun activities to warm up and energize, and transition into playing with the perspectives of the different roles we play as women, as well as exploring the often hidden intentions we communicate. Improv is a lively way to uncover useful insights about ourselves and the ones we love.

To reserve your place, call (951) 827-4105  
or (760) 834-0997 to register.

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