

Healthy Women.
Healthy Communities.

SPREADWINGS share gifts

Oct. 13. 2016, 5-7 pm

with expressive arts facilitator : **Carina** Costom.



Explore through contemplation, mark making, body rhythms, writing, song and creative community, just what allows us to... spread our wings?

Carina Costom is a creative facilitator, social artist, poet, event planner and mom. She delivered several years of employment and life skills workshops for a local non-profit agency in Nelson B.C. She holds a B.A in Communications from McGill University and has completed studies in the art of facilitation.

www.carinacostom.com

REGISTRATION

250-352-9916 or shannon@nelsowomenscentre.com

\$10.00 donation to NDWC

