



**NEW FOR 2024**

**THE CREATIVITY TO WELLBEING PATHWAY**

**A 12 week intensive creative journey through the visual and performing arts.**

**A unique opportunity to develop your creative skills, expression & practice in a small friendly supportive group.**

**The pathway offer an opportunity to discover how participating in the arts can work to improve your mental health and wellbeing.**

**For full details please email [hello@insideoutcommunity.com](mailto:hello@insideoutcommunity.com) or call 01473 563900**