

GET INVOLVED  
IN THE ARTS.

EXPRESS YOURSELF  
IN A WAY  
THAT WON'T  
BE WRONG!



### Get your creative juices flowing!

Self expression finds a welcome home in the arts. Participating in the arts is a great release – an expression of who we are and what we believe. Learning a new skill or talent, helps stretch us mentally and keep our brains young. It can lead to self-discovery, whilst providing an outlet for creativity and a release of stress. Dancing, acting, playing a musical instrument, drawing or painting can all be done alone or with others and can lead to stunning moments of beauty!

Explore more at [actionmedia.uk/mtg](https://actionmedia.uk/mtg)



MIND  
T/E  
GAP

IN PARTNERSHIP WITH

