

**ISLAND**  
Arts Centre



**Creative  
Lives**

Scan here  
to book your  
free place!



# LOOKING AFTER THE ARTIST / FACILITATOR

**Wednesday 17 September 2025, 4-6pm**

**Island Arts Centre, Lisburn BT27 4RL**

*A free workshop and panel discussion exploring how we  
look after ourselves, so we can take care of others  
while we're creating.*

Hosted by Creative Lives' staff member and community musician Seonaid Murray, this two-hour workshop will include practical examples, and a Q&A with dance artist Charmaine McMeekin and theatre maker Stephen Beggs.

**FREE but pre-booking essential.**

