

# PUDDLE DOCK VILLAGE FESTIVAL

## SELF-CARE PRACTICE: A CONVERSATION

Wednesday, July 30, 5:30-7:00 PM

The Peace Gallery

112 Main Street, Damariscotta, ME

**A screening of artist Phylicia Ghee's video *8:46*, followed by an intimate conversation to explore how our own art and wellness practices can help us achieve balance and growth.**



### Participants

**Gray Baldwin**  
*music therapist*

**Peter Bruun**  
*artist*

**Jade Nelson**  
*yoga teacher*

### Program

**5:00-5:15**

Browse The Peace Gallery's veterans' art exhibit, enjoy light fare, and learn about wellness practices at our resource table.

**5:15-5:30**

With an introduction by Peter Bruun, Studio B Executive Director, a screening of *8:46*, part of Phylicia Ghee's video installation at the Puddle Dock Village School.

**5:30-6:30**

An audience conversation on the relationships between art, self-care practice and wellbeing follows opening 5-minute reflections on the topic by Gray Baldwin, Peter Bruun, and Jade Nelson.

*Free and open to the public*



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