

Lectures at The Longboat Key Education Center Winter 2016



Louise Bruderle

Hello everyone,
I will again be lecturing at the LBK Education Center!
Back again with two of my favorite subjects:

Expressive Writing and Museum-Going

Here are the classes and a description:

Expressive Writing and the Body-Mind Connection

Class# WWK4

Date: Saturday, Jan. 23, 2016. 1-4 p.m. (with a break at 2)

DESCRIPTION: Substantial research suggests that expressive writing can help with the mind/body connection. Writing can also help you become more focused, self-aware and help you better understand and enjoy your life. Whether you choose to write about a happy event or a challenging, life-changing one, a variety of writing methods will be used to guide you through the process.



No writing skills are required and participants need share only if they wish to contribute. This will be a variation of the groundbreaking work by social psychologist Dr. James Pennebaker. Louise has offered this workshop before, but she will be adding new ideas and concepts and invites return students.

The 10 Art Exhibitions You'll be Talking About this Year

Class# WT8

2 sessions February 2 and 9, 2016. 11 a.m.-12:30 p.m.

DESCRIPTION: Back again and with all new content, this dynamic, two-part lecture will give you a fast-paced and visual look at art exhibits coming up in 2016 at major museums around the world, in the U.S., and in Florida.



The lectures will highlight exhibits for their historic as well as artistic uniqueness whether it's at the Whitney in New York, The Wolfsonian in Miami, the Rijksmuseum in Amsterdam or the Ringling Museum in Sarasota. This series is for art lovers who want to stay in the know.

**Longboat Key Education Center
5370 Gulf of Mexico Drive, Suite #212
Longboat Key**

Info and to register: 941-383-8811

Full list of courses at www.lbkeducationcenter.org