

# Writing Poetry



FREE 8-WEEK COURSE - STARTS THURSDAY 26 July 2018

When was the last time you wrote something?

If you have always wanted to write a poem/play or song lyrics, then this course can get you started on your writing journey to better health.

New research suggests that writing about emotions and stress can boost immune functioning for people living with HIV (PLHIV). Creative writing can help PLHIV not only think about their illness in a different way, but also improve their quality of life.

The course is run by Gavin Austin, a Sydney-based writer/artist. Gavin's work has been published in many Australian journals and anthologies, and he has been successful in numerous writing competitions.

**Thursday 26<sup>th</sup> July 2018 – Thursday 13<sup>th</sup> September 2018**

**12.00pm – 2.00pm (light lunch provided)**

**Venue: The Michael Kirby Theatre @ the Albion Centre, Crown St. Surry Hills 2010**

For more information please call **Reception** at BGF  
(02) 9283 8666 or email [reception@bgf.org.au](mailto:reception@bgf.org.au) to RSVP



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