

# WIN

**Art Therapy courses  
and workshops to  
get your creative  
juices flowing**



**A** picture paints a thousand words, and now's the time to unleash and reclaim your creativity. With Art Therapy, you can explore thoughts and feelings through a professional combination of art and psychotherapy. Use different art materials, such as paint, crayon, pastels, chalk, clay, charcoal, sand and collage, in a safe and nurturing space with internationally trained Art Psychotherapist, Samantha Davis, who professionally guides you along the way. No artistic skill is necessary to participate on the courses. No judgements are made on art work produced as the process of making art is as fundamental to Art Therapy as is the aesthetic image produced.

Be one of six lucky *Longevity* readers to win an Art Therapy course or workshop. Three readers can win a five-day Art Therapy basic training course. To win, SMS\* the word LongTraining and your name and physical address to 40880. Plus, another three readers can win a 10-week Art as Communication course. To win, SMS\* the word LongCommunication and your name and physical address to 40880. Winners will be required to submit an application form and to commit to attendance of the full course.

For more information contact Samantha on 083 326 6655 or [sami@arttherapy.co.za](mailto:sami@arttherapy.co.za), or visit [www.arttherapy.co.za](http://www.arttherapy.co.za)



**SMS\* now to win one of six Art Therapy courses and workshops.**

\*The cost per SMS is R3. Premium rates apply. Free SMS do not apply. T&C apply see page 4.