# RECREATE PLAY PEACE Find us on ©

RECREATE is a week-long event designed to revive and rejuvenate the Hawke's Bay community by sparking creativity, encouraging connection, and enhancing wellbeing.

Artists, creators, and peaceful practitioners are being gathered to be part of this opportunity and offer a unique interactive experience to our community. The event is free to the public and will take place in 2 parts:

# 5 August 23 | RECREATE PLAY

RECREATE PLAY is a family fun day at the Hastings Sports Centre, Railway Road. A range of interactive zones and exhibits will be set up to enable as many people as possible to explore their creativity, take time out, have fun, and PLAY. It will run from 10am - 4pm.

These are HANDS-ON spaces where participants are guided through all manners of makings – playing with clay, painting, printmaking, crafting, lego and more. Every activity will be suitable for all ages to encourage whānau to create together – this is stay and play event!

There will also be a range of live 'exhibits' where artists and creators will ply their trade so people can learn about different types of creativity and be inspired by the process.

# 7-11 August 23 | RECREATE PEACE

The second part of the event will be a range of sessions at the Heretaunga Women's Centre with a wellbeing and self-care emphasis. The special week of RECREATE PEACE events will include yoga, mindfulness, tai chi, rongoā rākau, breath work, and more. These are opportunities for women to take time out, refresh, learn skills and increase capabilities.

# **FOLLOW US ON FACEBOOK**

In the lead up to the event, everything you need to know will be found on our <u>Facebook page</u>. Follow us there, we'll be continually updating with profiles on the creators, showcasing the different activities on offer, and all other insider information.

### Who are we?

The Heretaunga Women's Centre is all about sharing skills and strengths to provide women with resources to take responsibility for their own wellbeing. We have partnered with Sharleen Bailey as Event Organiser to bring RECREATE to the wider community. Sharleen's passion is to help EVERYONE connect with their creative genius. She specialises in creativity & mindset coaching with government, corporate and community clients.

## Contact

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RECREATE: rěk'rē-āt"

To impart fresh life to; refresh mentally or physically. To take recreation.

