



Improv ⁴ wellness

WEDNESDAYS
JUNE 19-JULY 31
(no class July 3)
6:30-8:30pm

Improv for Wellness is about playing games and having fun. It's not about being funny or memorizing scripts. The improv games and laughter we share in this multi-week class, have tremendous therapeutic benefits. Come play in a space that is free of judgment or fear of failure, making it an ideal environment for people who struggle with anxiety or physical impairment. A great way for all ages and abilities to let go, laugh and meet fun friends.

REGISTER: (239) 434-7340 Ext. 103 naplesplayers.org

LOCATION: Sugden Theatre • 701 5th Avenue S • Naples • FL



Margot Escott, LCSW incorporates over 35 years experience as a counselor, speaker and teacher in her wellness classes designed to use humor, play and improv to achieve well being.

Margot Escott, LCSW Improv for Wellness Classes
improv4wellness.com • (239) 434-6558 • margotescott@mac.com

