

Doodling workshop: anyone can discover their creativity

People have doodled for more than 30,000 years and recently, research has shown the many varied benefits of doodling. It is now having a positive impact on individuals of all ages and abilities as well as on American culture.

Two local women, Lindy Gifford and Brady Nickerson, are leading a workshop on Saturday, March 22 at Mobius Community Center on Business Route 1 in Damariscotta from 10 a.m. to noon. Registration is not required. The workshop is open to the public and based on Gifford's new "Doodle-ography Journal."

This fun and engaging experience will be hands-on doodling with support, guidance, instruction and time for sharing and processing. From leading numerous workshops, Gifford and Nickerson have discovered that doodling can bring forth surprising revelations and personal transformation even from those that think they are not creative.

Gifford's "Doodle-ography Journal" is now available at Maine Coast Book Shop in Damariscotta and will also be available at the workshop. The cost of the workshop is \$24 for participants who have already purchased a journal or \$40,

journal included.

For more information about the workshop contact Gifford at 563-1736 or Nickerson at 633-2588. For more about doodle-ography and the journal, visit <http://www.doodle-ography.com>.



Get doodling during a workshop.