

# IMPROV

## FOR IMPROVED LIVING

Learn how to apply the lessons of improv in your daily life to decrease stress and improve overall mental health. Experience a fun and unique mind-body fitness program designed to work within your busy weekly schedule.



**Facilitated by:**



**Keith Whipple  
Drama Therapist &  
Improviseur**

**FREE DEMO**  
Wednesday, June 29 - 5:30 - 7:00 pm  
1702 Sherman Ave.



For questions, contact  
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