

September 2017

Feed Your Soul at The Frank

BY DEBBY TEICH

The Frank art gallery, in collaboration with Feeding South Florida, will be bringing art enthusiasts, families and residents together for *Feed Your Soul*, a series of interactive art workshops

that spotlight food insecurity and social isolation. On September 14, from 6pm to 7:30pm, at The Frank, the public will have an opportunity to meet the teaching artists, learn more about the workshops and register to participate. All workshop participants must be 18 years old or older.

"*Feed Your Soul* encourages residents to get involved in the community, joining together as neighbors to face the silent, but serious challenges of food insecurity and social isolation," said Holly Bonkowski, Pembroke Pines Division Director of Cultural Arts. "Participants of *Feed Your Soul* will have the opportunity to express their artistic side, share their story, and invigorate the community collectively and as individuals."

Under the guidance of accomplished arts professionals, *Feed Your Soul* will offer sessions in various arts disciplines (space is limited). Some of the workshops include:

- **Writing/Theater** - Storyteller Matt Stabile will conduct a six-week story-telling program where participants will learn to write and perform a monologue. They will meet for 90 minutes on Tuesday evenings. Registration is on September 14 and September 26.

- **Hunger** - On September 26, from 7pm - 8pm, professional theatre artists will perform *Hunger*, which is open to the community.
- **Music** - On September 14, attendees can participate in this one-time drum circle activity led by Just Add Rhythm.
- **Design** - Jeff Huber will work with theatre artist Matt Stabile to obtain stories from monologue participants for use in the design and fabrication of the table to be installed as a public art piece at Fletcher Art and Culture Center.
- **Feeding South Florida** - Representatives from Feeding South Florida will be in attendance to discuss their organization and what contribution they will have with this project. On November 4, at 9am, the local community is invited to a food drive at Pines Place Apartments in Pembroke Pines.
- **And More**

"The art-rich atmosphere that *Feed Your Soul* offers allows people to shed their insecurities, explore arts disciplines and create deeper connections with their neighbors and community," said Bonkowski.

RSVP is requested to attend Feed Your Soul on September 14. To RSVP, call 954-392-2129 or send an email to frank@ppines.com. The Frank is located at 601 City Center Way in Pembroke Pines. Follow The Frank on Facebook and Instagram at The Frank Pembroke Pines.



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