

# ARTS HEALTH BC

is delighted to be hosting an evening of

# BASKET BEAT

This **free** hands-on workshop is intended for facilitators, educators, and leaders in the arts, health, social innovation, community development and education sectors, but all are welcome. It is an opportunity to learn about and demo the Basket Beat program from creator, **Josep M<sup>a</sup> Aragay Borràs**.

**WHERE:** WOODWARDS ATRIUM, 149 WEST HASTINGS STREET, VANCOUVER

**WHEN:** MONDAY, JANUARY 20TH 6:00 – 9:00 PM

**REGISTRATION:** WHILE THE EVENT IS FREE WE ENCOURAGE YOU TO REGISTER VIA **EVENTBRITE** AND IF YOU CAN, PLEASE BRING A BASKET BALL!

## WHAT IS BASKET BEAT?

Basket Beat is a sport, art and social transformation methodology designed by Barcelona's Josep M<sup>a</sup> Aragay Borràs. It targets at-risk groups within the framework of education and community work to learn music, using basketballs, and to promote the overall development of the participants and the community. Basket Beat is a tool for educators in sports, arts and community work. It has three main blocks of content related to: 1) collaborative work and group dynamics, 2) coordination and self-perception, 3) musical training.

Want to learn more? Check out this [video!](#)

## ABOUT JOSEP M<sup>a</sup> ARAGAY BORRÀS

Josep is a Social Integrator, Social Educator and Music-therapist specializing in the educational and community use of the arts. He is currently involved in a number of research and outreach projects with organizations in Spain, France & South Africa. He is visiting Vancouver as part of Isosceles, a personal research project.

## ABOUT ARTS HEALTH BC

Arts Health BC is part of a growing national network championing participation and engagement in the arts as a path to improved health, healing and wellbeing for all British Columbians. As the founding community partner of Arts Health Network Canada, we will take the lead in promoting the field of arts and health in BC, through outreach and education, engagement, collaboration and professional development <http://artshealthnetwork.ca>



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