

## Seniors' Conference 2011: Agents of Change

<b>Session Title:</b>	<b>1. Creating Change through expressing your own creativity</b>
<b>Convenor:</b>	<b>Anne Learmonth</b>
<b>Participants:</b>	<b>Kathleen, Krishna</b>

### Summary of Discussions:

We discussed our own creative activities:

- For Krishna it is about creating & sharing food – both her Indian and other cuisines – telecooking
- For Kathleen its about exploring new techniques – calligraphy, line dancing
- For Anne its about using her skills with others to campaign, tell stories or celebrate special occasions

### Group constructed a COTA banner

