

Women
&
Theatre



MISS IDA

TEK CHARGE OF YUH HEALTH

**FREE
ENTRY**

**AN ENTERTAINING ONE WOMAN SHOW
CELEBRATING THE HIGHS AND LOWS OF
YOUR AUTUMN YEARS, EXPLORING
POSITIVE CHANGES WE CAN ALL MAKE TO
OUR LIFESTYLE, WELLBEING AND HEALTH.**



**TOURING BIRMINGHAM & THE
BLACK COUNTRY THIS AUTUMN**



Miss Ida is a retired nurse who has spent a lifetime passionately advocating for overall health and well-being. As she enters her autumn years, she's deeply concerned about the healthcare disparities amongst elders particularly those in the African and Caribbean communities.

Created from research with Black seniors, this compelling and humorous performance celebrates culture, provides health information about preventative care, diet and physical activity.

TOUR DATES

**7PM, FRIDAY 25 OCTOBER, HERITAGE CENTRE,
WOLVERHAMPTON, WV6 0AA**

**2PM & 7PM, THURSDAY 7 NOVEMBER, THE LEGACY CENTRE,
BIRMINGHAM, B6 4UU**

1PM FRIDAY 8 NOVEMBER, THE BRASSHOUSE, SMETHWICK, B66 1BA

6PM FRIDAY 8 NOVEMBER, SHILOH CHURCH, WEST BROM, B70 8PB

**TO BOOK TICKETS EMAIL MATTSMITH@WOMENANDTHEATRE.CO.UK
CALL 0121 449 7117 OR SCAN THE QR CODE BELOW.**



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



Scan the QR Code or visit
womenandtheatre.co.uk/projects/miss-ida

