Lane Arts Council offers Professional Development workshops for artists

artist professional development program, Professional Practice returns this spring with a series of three workshops and discussions.

The series focuses on ongoing collaborative learning with an artist cohort, combining presentations from regional and national experts with take-home work group discussions.

This year's virtual format can be accessed by artists throughout Lane County. This year's topics are applicable to visual artists, musicians, actors, writers, dancers, and all creatives of all disciplines.

The series kicks off in early March and will con-

Lane Arts Council's tinue through the spring and discussions.

couraged to register for Starving Artists the full series for \$65.

a Tuesday from 4:30 to 6

Schumacher, creative resilience coach and founder of PDX Vox Reignite your motivation to create, freshen up your routines and adopt new habits, activate your

network of support, and reconnect with why art Workshop: March 2

Discussion: March 16

with multiple workshops for Creatives with Brooke social media identity. Benson, Financial coach Artists are highly en- and Founder of Not

Gain practical tools Single workshops are and knowledge to manage your money, plan Each session is held on for your financial future and reframe your money mindset: moving away • Creative Resilience from the "Starving Artfor Artists with Marie ist" trope and towards financial freedom.

> Workshop: March 30 Discussion: April 13

• Developing Your Digital Presence with Ceylon Mitchell II, Founder and Co-owner of M3 | Mitchell Media & Marketing,

Learn how to effective-

Workshop: April 27 Discussion: May 11

The cohort model allows artists to build connections and learn with others throughout the course of the series.

After participating in the Lane Arts Council's workshops last year, a participant shared about their experience.

workshops so much! The ties. discussion sessions were really helpful and useful. My favorite thing was connecting with other artists in our community who I hadn't met before."

Artists in Lane Counly use digital marketing ty have had few opporstrategies to improve tunities for professional sultants to support artists

skills needed to build and strengthen their busipractice.

Most learning is focused on developing an artistic practice, but artists are often left in the dark when it comes to business and financial planning, building audiences, connecting with venues, presenting their work, or pursuing other "I enjoyed all of these professional opportuni-

> To help meet this need, Lane Arts Council has been providing professional development workshops for over ten years, leveraging local, regional, and now national experts and con-

• Financial Wellness your brand, website, and development and the of all disciplines in their creative endeavors.

Lane Arts Council is a nesses and their creative nonprofit organization that works to cultivate strong and creative arts communities throughout

Lane County. It provides high-quality arts experiences, engaging people of all ages in arts education and encouraging artistic endeavors.

More information and registration at lanearts. org/workshops.

Professional Practice is presented by Lane Arts Council, and sponsored by City of Eugene Cultural Services and Columbia

Public reminded to beward of carbon monoxide when using alternate heat sources

freezing

Loss of power and nians using alternate added risk of carbon colorless, odorless, tox- and oil furnaces, water poisoning is suspected, temperatures heating sources, many monoxide poisoning.

Carbon monoxide is a anything is burned. Gas

ic gas produced when heaters, fireplaces as well as wood burning and gas stoves are common sources in the home.

> The only way to know if you are being exposed to carbon monoxide is by using a detector. Common symptoms of carbon monoxide poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain and confusion.

Exposure to carbon monoxide can cause loss of consciousness and death.

seek fresh air and consult a health care professional right away.

If used inappropriately, items that emit heat can produce dangerous levels of carbon monoxide.

For more information on carbon monoxide safety, visit the Oregon Health Authority website. Fact sheets on preventing carbon monoxide poisoning after an emergency are available in multiple languages. Visit OHA - Recognizing and preventing carbon If carbon monoxide monoxide poisoning.





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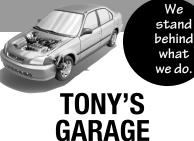
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