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One thing Lesley Carlberg has learned:
Never Hang Up your Tutu!

“Hilariously adorable and utterly unpredictable” Lesley Carlberg is back with her ever-evolving comedic exploration of the challenges women face to their self-esteem, also known as: ***How I Lost One Pound, The Musical-ish***. What happens when your big childhood dream of being a dancer-singer-actor gets squashed? You never hang up your tutu, no matter how deep in the laundry basket that dream is buried. Playing for three nights only, **December 14-16**, at the **Alumnae Theatre Mainspace** with a 7:30pm curtain. Tickets are available now via www.brownpapertickets.com/event/6160828

From the show's early beginnings as a **comedic riff** on how hard it is to lose weight, Lesley Carlberg always felt like she was on a never-ending quest to be thinner, younger-looking, smoother, blonder, stronger, lighter, softer, and firmer...with whiter teeth. A lifelong creative artist and comedienne, Lesley put her dreams on hold for a marriage and family; now her children have grown, she returns to the theatre to figure out what she wants to be now she's "all grown up." **Overflowing with music, laughter, and unselfconscious silliness**, *How I Lost One Pound, The Musical-ish* asks how far are you willing to push for your dreams... and who are you in the meantime?

Five female performers - including creator **Lesley Carlberg** – bring this insightful, exuberant play to life through alternating scenes, monologues and musical interludes. Featured performers include: **Tamika Poetzsch** (*Much Ado About Nothing*, Louie the Goat Productions; *Innocence Lost*, The Curtain Club; *Play On!*, Theatre Etobicoke), **Morgan Bargent** (*Thriving: a Dissociated Reverie*, Sundance 2023), **Maria Michelli** (*Last Of The Red Hot Lovers*, *The Odd Couple - Female Version*, Burl-Oak Theatre Group; *Fallen Angels*, Alumnae Theatre) and **Robyn Kotsopoulos** (*There is Hope*, Virtual Theatre; *Chasing Light*, Feature Film; *When Love Whispers From Heaven*, TV Pilot). Toronto-based vocalist, multi-instrumentalist, composer, arranger, and bandleader, **Danny Zaidman** (Beverly Street Group) serves as **Composer** and **Musical Director**. As an extension of the project, **Lesley Carlberg** is filming a documentary about the development and creation of this musical.

Filled with stories of **discovery and resilience**, *How I Lost One Pound, the Musical-ish* follows these women through good times and bad, reminding us to believe in ourselves, protect our self-esteem, and make our own opportunities. Because the most important thing, however your dreams may morph and change, you must never hang up your tutu!

How I Lost One Pound, the Musical-ish is **Lesley Carlberg's** sixth original stage creation. Her previous works include *When I Grow Up: A Personal Narrative*, *The JellyBean Forest*, and *Zucchini's! Zucchini's! Everywhere*. For more information about Lesley and The Tutu Art Project, visit thetutuartproject.com

PERFORMANCE INFO for *How I Lost One Pound, the Musical-ish*:

Venue: **Alumnae Theatre, Mainstage**, 70 Berkeley Street, Toronto

Dates & Times: Thu, **Dec 14** @ 7:30pm Fri, **Dec 15** @ 7:30pm Sat, **Dec 17** @ 7:30pm

Tickets: **\$45** Regular, **\$25** Arts Worker/Student/Senior, **\$75** Angel Supporter, via:
<https://www.brownpapertickets.com/event/6160828>

The Alumnae Theatre Mainstage is wheelchair accessible.

