

FROM THE PRODUCER OF **STRETCHMARKS** ★★★★★ AND **BREAST FRIENDS** ★★★★★

MITTELSCHMERZ

(TRANSLATION: MIDDLE PAIN) ...CONFESSIONS OF MOTHERHOOD AND MIDDLE AGE!

Kimmy Zee Presents...

Mittelschmerz

(translation: Middle Pain)

Written and Performed by Kim Zeglinski

Directed by Andrea von Wichert

Mittelschmerz is a 'Dramedy' about Motherhood, Middle Age, and SEX After Babies! In her late 30s, Zeglinski began to experience the medical phenomenon known as, \mit-^əl-shmertz\, referring to mid-cycle ovulation pain. It was as though her body was pleading, "Come on! Just one more baby! ("Are you kidding me? My kids are finally sleeping through the night and I feel like I'm getting MY LIFE back!") From her childhood-to-adult selves, to her beat poet & sex therapist alter-egos; Zeglinski takes you on a journey through squelched dreams and great expectations. Told through storytelling, monologue, and spoken word *Mittelschmerz* is a witty exploration of life's great juggling act – Post-partum, Preemies, & Peri-menopause; Autism, Anger, & Acceptance. If you are a busy mother in your 40s or a life-partner to one, you will get this on a level that no one else possibly can. If you are nowhere near this stage of life, and/or may well never be, then your future 40-something selves may thank you for seeing this show. From Zeglinski's small but faithful following of 20-something college boys, "Thank you for the BEST SEX EDUCATION we have ever gotten!"

Winnipeg + Regina + Edmonton Fringe Festivals = ★★★★★★★★★★★★★★★★★★ 1/2!

SOLD OUT RUN! Winnipeg Fringe Festival 2014

Harry Rintoul Award Nominee for Best New Manitoba Play (Manitoba Association of Playwrights, 2014)

"...this clever writer-producer-performer, who brought *Stretchmarks* and *Breast Friends* to the (Winnipeg) Fringe in previous years, finds both lots to say and truly original ways to say it in this one-hour, one-woman, high-energy show." ★★★★★ 1/2 Winnipeg Free Press

Stretchmarks 2012 "...clever and creative...wickedly funny..." ★★★★★ CBC Manitoba
Winnipeg Fringe Festival *Best of Fest!*

Breast Friends 2010 "...amusing, provocative, touching and titillating..." ★★★★★ Winnipeg Free Press

Kimmy Zee Tidbits: Semi-finalist in the Winnipeg Poetry Slam (2015 Season);
Look for Kim Zeglinski's TEDx Winnipeg talk (June 2015) tedxwinnipeg.ca

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