

WORLD PREMIERELA MAMA AND THE SHIFT THEATRE
PRESENT**EAT YOUR
HEART OUT**BY **ANGELA BUCKINGHAM***Fine dining requires sharp knives.*

Eleanor and Beatrice are two sisters who meet once a week, every week, for lunch. Their lives are all about charm, charity and keeping up appearances. While others struggle, they only have to navigate the menu.

Until now.

Misfortune strikes, catapulting them on a chaotic quest to find the meaning of life. One lunch at a time.

For these two Gucci-clad harpies, understanding the big 'why' is the ultimate status symbol - hard to find and never on sale. They give the finger to performative goodness and virtue signalling sounds to them like a great name for a clothing brand. Their interrogation of existence results in religious revelations, attempted revolution, cannibalistic fantasies and an anaphylactic reaction to paprika.

"The last play I did with the Shift Theatre was really dark but I thought parts were funny. This time we decided to do funny with little bits of dark. Eat Your Heart Out is about people with what must be the lowest historical life-to-problem ratio in a time heavy with problems. It is fashionable to want to change the world but how many of us can bear to change ourselves?" - Angela Buckingham, Writer

Eat Your Heart Out is a joyful, delicious revelry; a razor-sharp observational comedy about hypocrisy, personal green washing, and how when you're really, really mean, the only person who will still love you is your little sister.

The Shift Theatre is two tough ladies, Helen Hopkins and Carolyn Bock's, answer to the challenges of making independent theatre in Australia today. For 15 years they have been defying the realities of arts funding to thrill audiences with audacious, unexpected and punchy live theatre.

SEASON DATES: MARCH 6 – 17, 2024For full dates, times & details see the next page or check La Mama's [website](#)La Mama Theatre, 205 Faraday Street Carlton VIC 3053 Australia
info@lamama.com.au | +613 9347 6948 | www.lamama.com.au

La Mama is financially assisted by Creative Victoria (Creative Enterprises Program), and the City of Melbourne (Arts and Creative Partnership Program). We are grateful to all our philanthropic partners and donors, advocates, volunteers, audiences, artists and our entire community. Thank you!

EAT YOUR HEART OUT

BY **ANGELA BUCKINGHAM**

A SHIFT THEATRE PRODUCTION

the shift theatre

Content Warnings: Strong language

Written by Angela Buckingham

Directed by Peter Houghton

Performed by Carolyn Bock, Helen Hopkins and Clare Bartholomew

Set and Costume Design by Sophie Woodward

Lighting Design by Matt Scott

Image by Tony Rive

Season

Wednesday March 6 Preview 6.30pm

Thursday March 7 Opening 7.30pm

Then running till March 17

Wed 6.30pm | Thurs, Fri, Sat 7.30pm | Sun 4pm

La Mama Courthouse, 349 Drummond St, Carlton

Bookings: <https://lamama.com.au/whats-on/summer-2024/eat-your-heart-out/>

Phone: 03 9347 6948

For all media enquiries contact Fiona Macleod
fiona@fionamacleodpublicity.com or 0415 174 604



Images and more information [HERE](#)

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