

# **Fringe 2024 – My Greatest Period Ever**

*'This will start a revolution for women'*  
– Constance Hall

**Author, folksinger, performer, and 'period preacher' Lucy Peach – of acclaimed TEDx Talk 'The Power of the Period' fame, which gained over 100,000 views online – has brought her award-winning live-animation, music, entertainment, theatre, and comedy show, 'My Greatest Period Ever', to Edinburgh this August (1 – 24 @ Assembly Roxy).**

A show that celebrates the menstrual cycle via what Lucy has coined 'edutainment' – entertainment and education rolled into one – 'My Greatest Period Ever' fights against historic patriarchal shame with science, songs, jokes and stories.

The show has toured globally since 2017, winning various awards along the way, and she is also the author of bestselling book 'Period Queen', which empowers people worldwide to cultivate and celebrate their relationships with their own bodies. Lucy started her career as a human biology teacher and sexual health educator while building a parallel career as a stadium-folk-pop singer song-writer.

Lucy Peach is a long-time champion of the power of the menstrual cycle and an advocate for self-love and positive body literacy. Her work has seen her featured as a guest at The Melbourne International Comedy Festival 2018 and Perth's Disrupted Festival 2021, and on numerous podcasts such as Mia Freedman's *No Filter*, Dr. Mariza Snyder's *Essentially You*, and many more. She has a Bachelor of Science in human biology and biomedicine with honours in medicine, and a graduate diploma of education in human biology.

Lucy launched her theatre show 'My Greatest Period Ever' in 2017, touring Australia and UK, winning the Martin Sims Fringe World 2017 Award and both the BRIGHTON and SYDNEY Fringe World Winner 2018 Award.

Lucy is joined by co-performer and husband, Richard Peach, in Edinburgh this August.

'My Greatest Period Ever' will play at Assembly Roxy until 24 August.

Assembly Roxy – Central | Dates: 1 – 24 August (not 19) |  
Time: 12:30pm (60 mins)

