Complete the square formula:

Show that the following formula is true.

$$v(\theta - a)^{2} + w(\theta - b)^{2} = (v + w)(\theta - \hat{\theta})^{2} + \left(\frac{vw}{v + w}\right)(a - b)^{2}$$

Where  $\theta$  is the variable and v, w, a, b are fixed and known constants. And where  $\hat{\theta} = \left(\frac{v}{v+w}\right)a + \left(\frac{w}{v+w}\right)b$  is the posterior mean.