

WELLarts

Our office will be offering FREE SESSIONS to help you explore a new medium for wellness. These sessions will last about a half hour with Eileen Wilkinson, Expressive Arts volunteer @ 10, 10:30 11, 11:30 & noon. Please call the office to help reserve your spot.

July 11th Join us for **COLLAGE** Workshop. We'll tear out words, pictures, phrases from magazines and assemble them on a brown bag with glue. This can become your envelope for positive affirmations. Collage simply means "to glue," and is the assembling of different images or materials to create a new whole. It emerged as an art form in the early 20th century in the work of Picasso, Braque, and other artists, continuing through the present. Found images from a variety of sources are used to generate something completely different than their original intent. It will help you revitalize your creative spirit, sense of well being & gain surprising personal insights.

July 15th Come color a **MANDALA**. You can practice relaxation using a large tactile wooden version while you are here. "The term 'mandala' means both circle and center, implying that it represents both the world outside of us (the circle) and the invisible one deep inside our minds and bodies (the center). A mandala allows us to listen to the dreams of our heart, mind and soul and give them shape and color inside the circle. It can lead us directly to the intuitive aspects of self, thus encouraging transformative insight and stimulating personal healing."



July 23th Try

JOURNALING JOURNALING with us

Journaling is a powerful form of meditation—a tool used by millions to explore core values, develop insight and intuition, find creative inspiration and set challenging new life goals. Helps you process emotions, discover who you are at any age, assist with coping and healing.

July 31st

Card Making

Come make a handmade card. We will use found materials/stamps to commemorate a special occasion with a greeting card. Celebrations help us to mark dates or show appreciation for friends and families. "Snail" mail is a great way to lift someone's spirits. This is a great way to increase your own personal mail.

We will also introduce body mapping, qi gong chair exercises and explore music during the month of August, on Tuesday mornings. Hope you can join us, all are welcome with rsvp.