



SENIOR

Studio

FREE Zoom Course



ART & WELLNESS
INSTRUCTOR: PAIGE SCHEINBERG
ART THERAPIST, BROOKS MUSEUM
FRIDAY, SEPTEMBER 18, 12NOON-1:30PM



Art & Wellness:
Mindfulness + Meditation

How can your creativity and appreciation for the arts support your well-being? What exactly is meditation? How can mindfulness make creativity and relaxation more accessible? In this workshop, explore, discuss, and experience the intersection of well-being and art through mindfulness. Enjoy mindful art viewing of a piece from the Brooks' collection and a more active, arts-based meditation for inspiration in your daily happiness.



CREATIVEAGING

Enriching Lives Through the Arts

LIMIT 12 STUDENTS
REGISTER WITH TERESA MARTIN AT G'TOWN PARKS & REC
901-751-5678