



Please Join Us in Celebrating Good Health!

A Stress Management Webinar

MINDFULNESS-BASED ART

MAY 25TH

12:00PM – 1:00PM ET

Participants will...

- Gain tools and strategies for reducing stress through mindfulness-based art
- Learn how color can affect mood and behavior
- Ignite creativity and promote an overall sense of calm and well-being
- Learn about the psychological and physiological of coloring – create your own mandala!

**Bring your favorite pens or pencils.
No art experience required!**

Click Here to Register

To test the software prior to this webinar, go to: <https://zoom.us/test>

