

# Rest & Express



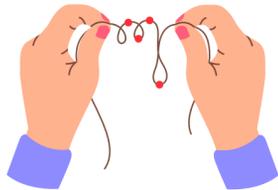
*Therapeutic art-based workshops.*

\*Supplies will be provided for all workshops.

September 3rd  
**Bracelet Making**

MP101

12:30-2 PM



October 1st  
**Rock Painting**

MP101

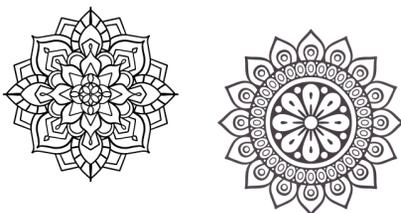
12:30-2 PM



November 5th  
**Mandala Coloring**

MP101

12:30-2 PM



December 3rd

**Colors & Connection**

This workshop combines the power of art-making and conversation to bring people together through authentic engagement and interaction.

MP101  
12:30-2 PM

**Registration Required.**

