

Art For Well-Being

with Lynn Underwood MA

Wednesday, May 8th, 3 to 4:30

\$20 A3L members, \$30 non-members, plus \$10 supply fee

REVEALING, HEALING, RELAXING & FUN!



Through ART-MAKING we are able to tap into our inner knowing. In general, the act of making art is calming, satisfying and puts us "in the moment."

We are all creative beings, and the arts calls to everyone, including those who falsely believe they have no artistic talent!

Note: this class will be offered on the second

Wednesday of each month! Different art projects each time, including collage, painting and more!