

Matthews House Hospice and South Simcoe Art Council
in partnership present

Art For Wellbeing *Sampler Day*

OPEN TO THE COMMUNITY

Friday October 27th, 2017

10 am - 5 pm

5fh'Zcf' AYbhU' <YU'h\. Playfully rip, snip and reconstruct to create fun mementos.

>UdUbYgY' 6f i g\ghfc_Y'DU]bh]bg: Paint crocuses with 2 basic brushstrokes that meditatively balance body & breath.

Mc [Už'Gc i bX'H\YfUdm'UbX' KU'_]b['AYX]hUh]cb. Practice these trauma & grief sensitive activities to breath, release, connect with nature & the spirit of change.

7fYUh]b['Zfc a 'h\Y' <YUfh." Spark creativity through heart-centred art activities that balance breathing, visualization & nature.

KUI' 5fh'DU]bh]b['.' Create several exciting & colourful wax art paintings using low-heat irons, crayons and pigmented beeswax.

editation

Choose up to 3 programs, 1 from each time slot, by placing an "X" in the box.

10 am -12 pm (Choose 1)

Art for Mental Health

Japanese Brushstroke Painting

1 pm - 3 pm (Choose 1)

Yoga, Sound Therapy, Walking Meditation

Creating from the Heart

4 pm - 5 pm (Choose 1)

Wax Art painting

Meditation

SOUTH SIMCOE
arts
COUNCIL

Matthews House
Hospice 

CALL EMILY MOFFATT AT (705) 435-7218 TO REGISTER AND FOR MORE
DETAILS