

Matthews House Hospice & South Simcoe Arts Council

in partnership present

Wellness Sampler Day

Held At Matthews House Hospice, 6028 HWY 89

OPEN & COMPLIMENTARY TO THE COMMUNITY

10 am - 5 pm, Friday October 27th, 2017

Art for Mental Health: Playfully rip, snip and reconstruct to create fun & meaningful mementos.

Japanese Brushstroke Painting: Paint crocuses with 2 basic brush strokes that meditatively balance body & breath.

Yoga, Sound Therapy and Walking Meditation: Practice these trauma & grief sensitive activities to breathe, release and connect with nature & the spirit of change.

Creating from the Heart: Spark creativity through heart-centred art activities that balance breathing, visualization & nature.

Wax Art Painting : Create several exciting & colourful wax art paintings using low-heat irons, crayons and pigmented beeswax.

Meditation: Manage stress through guided imagery to revitalize mind & body.

Choose up to 3 programs, 1 from each time slot, by placing an "X" beside your choice.

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



For information & to register CALL EMILY MOFFATT AT (705) 435-7218