



Create More

MINDFULNESS & INTUITION

Join board-certified art therapist, Mary How,
and learn how to create **mandala art**!

Mandala's are a useful tool to understand and practice
mindfulness and build skills to increase personal and
professional satisfaction and success.

Throughout the **eight sessions**, participants will learn
about integrating **mindfulness and intuition** into their
daily lives, while creating art.

FREE FOR VETERANS & FIRST RESPONDERS
LIMITED SPACE AVAILABLE! SCAN TO SIGN UP.



TUESDAYS, 12-2PM
SEPTEMBER 9TH - OCTOBER 28TH
THE BIG RED BARN RETREAT LOUNGE
(8024 WINNSBORO RD., BLYTHEWOOD, SC 29016)