

# HEALTH & WELLBEING

## Art Therapy

Colouring In, Water Colour, Charcoal – Painting and positive mindfulness

This program/class is not only fun, but research tells us that Art Therapy is a proven relaxation exercise to increase self-awareness, providing techniques to assist in reducing stress and anxiety.

Provides an opportunity for people of all ages to slow down their day and showcase a hidden talent!

Fun and Friendship – meet other participants who are members of the Community House.

**Cost: \$3.00 per class**

**Monday 10.30am – 12 noon**

