



ART FOR WELLNESS

WORKSHOP

Visual art is a universal language for humans. Visual art, regardless of a person's talent, skill, or ability, is scientifically proven to positively impact physical and emotional health. This hands-on session engages participants in art-making to support their own wellness. The intent is for attendees to leave feeling seen, validated, empowered, and energized. Each session will offer a different art activity promoting wellness. This session is truly for everyone; no skills, experience, talent, or ability needed! This workshop is open to any person supporting education in Stanislaus County, including: educators, educational support personnel, educational facilities support, and all others working in education.

Quick Facts!

When: October 25, 2022
December 6, 2022
February 14, 2023
April 11, 2023

Time: 4:00pm-5:15pm
OR
5:15pm-6:30pm

Where: 1100 H St. Shiloh Room

Cost: \$10.00 per session

Click [Here](#) To Register:

<http://ccsesaarts.k12oms.org/411-225952>

Contact Information:

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