

# Healthy Living through Art for Veterans

Sponsored by Grand Forks YMCA

8 weekly classes designed to assist participants in exploring their health, wellness and rich picture living through weekly art projects.

Learn how to inspire yourself and others with color, how to engage in meditative art, the basics of visual design, motivational dream boards, collective team art, 3D Collage, expressive creating and more!

In safe, fun and creative environment participants explore their current spiritual, physical and emotional well-being through color, music, texture and creative exploration. The process enables people to assess areas of their lives they may wish to improve and create artworks and positive resources that inspire healthy change.

The main ingredients needed to get the most out of this class is a sense of adventure, support for other members of the group and give it a try attitude! No art experience necessary take each week at your own pace.

Class Instructors: Award winning Artist and Teacher Kimberly Forness Wilson and Award winning Fabric Artist and Occupational Therapist Jolene Mikkelson.

Start Date: March 29<sup>th</sup>

Tuesday Evenings 6 to 8 pm

\$75 per student

Full and Partial Sponsorships Available.

All supplies provided

Wear comfortable clothes that are ok to get a little paint and glue on! 😊

Sponsored by; Altru Family YMCA, KFW Fine Art & Design, Dusterhoft Family



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