



Richmond Centre for Disability

RCD Empowered Wellness presents

Meditative Drawing

FEB 16, 2024 - MAR 8, 2024
4 FRIDAYS, 3 - 4 PM



*Science of Distraction
- Relaxation Exploration with
ZENTANGLE Arts*



The Zentangle Method™ increases focus and creativity, provides artistic satisfaction along with an increased sense of personal well being.



For more information:

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