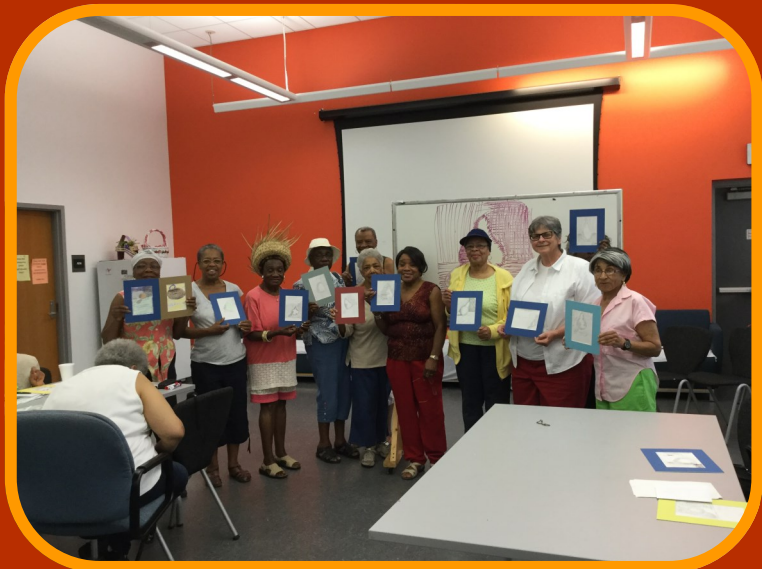


Art Meditation

WHAT IS ART MEDITATION?

Seniors are provided with a platform to create a variety of projects while depleting stress, listening to relaxing music. Some projects previously made include : landscape paintings, watercolor, art creation, mandalas and much more.



WHEN: Thursdays

TIME: 12-2pm

WHERE:

BCYF Grove Hall Senior Center
51 Geneva Avenue
Dorchester, MA 02121

FOR MORE INFORMATION

CONTACT:

Aidee Pomales or
Ayana Green
617-635-1486

