

EXPRESSIVE ARTS AND WELLNESS GROUP

• Fridays from 6-7 pm •

Use paints, canvas, pencils, and sketch books to promote relaxation and generate discussion



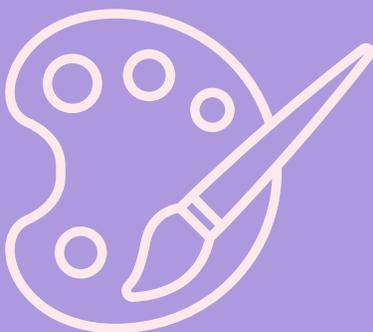
Promote health and wellness to include your mental, physical, emotional, and spiritual well-being



For ages 18 and up! All Identities are Welcome!



No experience necessary! If interested, please email dottie@rcasa.org or call (540) 371-6771



Art & Wellness
Group
Sponsored by
RCASA

615 Emancipation Hwy, Suite 201 Fredericksburg, VA 22401