

**Come Join
Us!**



Image source Google

Drawing Meditation

a visual technique for putting the mind
in a calm and stable state.

With local Tolland artist, Karen Yarosh.

Art supplies provided.

sign-up @ [Drawing](#)

Join us on Wednesday September 20th
at 10AM or 11AM
in the Council Chambers.

Refreshments will be provided
Any questions contact us at Be_well@ehhd.org
For those unable to attend there will a PowerPoint training
available online
starting 09/27/2023

