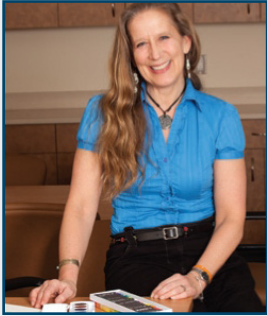


HEART AND HEALING ARTS PROGRAM

February 2023 - June 2023
Offered First and Third Thursdays, 7 - 8 p.m.



Mind, body and spirit wellness designed for ultimate healing and reflection. Sessions include educational information, art supplies, and guest speakers.

Those living with chronic health conditions such as heart disease, diabetes, cancer, depression, or obesity are encouraged to participate. Community members welcome.

PROGRAM INSTRUCTED BY:

JoAnn (Joey) Haderer, DNP, PMHNP-BC, FNP-BC
Local Artist



ALL PROGRAMS OFFERED AT:
**John and Marnie Demmer
Wellness Pavilion and Dialysis Center**
820 Arlington Avenue
Petoskey, MI 49770

All programs are offered at no charge and do not require registration.

Funding for this program is made possible by the McLaren Northern Michigan Foundation through the Meengs Heart Failure Clinic Fund.

Call 800-248-6777 or visit mclaren.org/northernclasses for future dates and other course offerings.

February 2: Mindful Drawing
Discuss and experience Mindful Drawing as a meditation practice.



February 16: Mindful Painting
Discuss and experience Mindful Painting as a meditation.



March 2: Zen Tangle
Discuss and experience Zen Tangle art as a mindful practice.



March 16: Yoga Poses
Discuss and experience Yoga poses.



April 6: Acupuncture
Discuss and demonstrate the healing principles of this ancient science.



April 20: Meditation
Understand the benefits of Meditation with discussion and practice.



May 4: Mandala Art
Discuss and experience Mandala art as a mindful practice.



May 18: Art and Yoga
Discuss Art and Yoga and practice/observe basic poses with art.



June 1: Art as a Healing Force
Discuss and experience Art as a Healing Force as a mindful practice.

