

Expressive Arts Workshop

This workshop will stimulate your imagination and channel your inner creativity through a combination of drawing/painting, writing/poetry, dance/movement, music, drama/theatre and art-looking activities.



Artwork by Quána Madison



QUÁNA
MADISON

Quána Madison is an artist, mindfulness teacher, healing arts workshop facilitator and self-leadership coach.

In Person at The Art Gym

6 week class on Wednesdays
starting March 6th 2024
6:00 PM - 7:30 PM

The Art Gym
1460 Leyden St
Denver, CO 80220



www.ColoradoArtistsInRecovery.org