



Colorado Artists in Recovery
presents:

Expressive Arts Workshop *with Quana Madison*

A FREE ART WORKSHOP FOR THE RECOVERY COMMUNITY!

Join Quána Madison for a six-week journey into the world of expressive arts to nourish personal growth. 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. Expressive arts can improve well-being, reduce anxiety and stress, improve self-awareness and self-esteem, increase self-awareness and promote connectedness. You do not need to identify as an artist or have prior experience.

EVERY THURSDAY EVE. FROM 6:30-7:30PM FOR 6 WEEKS
STARTING JANUARY 13th
VIRTUAL 6 WEEK WORKSHOP ON ZOOM

Register at coloradoartistsinrecovery.org



Quána Madison is an artist, mindfulness teacher, healing arts workshop facilitator and self-leadership coach. She combines inner wellness practices with expressive arts to promote creative expression, community and holistic well-being. A graduate of New York University and Colorado College, Quána holds a MA in Education and a BA in Philosophy. More information is available at www.quanamadison.com

