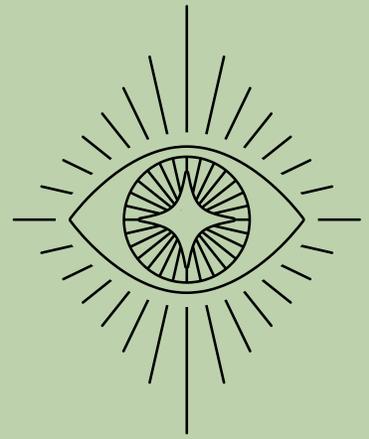


# Creative Meditation



**Last Saturday of the month from 10am to 11am (MST)  
Virtual Workshop via Zoom**

**This workshop will use a variety of guided imagery meditations, mindfulness exercises and expressive arts-based activities to promote relaxation, self-compassion, self-awareness, creativity and well-being.**



**Lead by  
Quana Madison**

**More Info and to Register**



**Free Workshop  
for those in Recovery!**

[www.ColoradoArtistInRecovery.org](http://www.ColoradoArtistInRecovery.org)

