

# 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.

Free Virtual Art Workshop  
on Zoom

6 week class on Thursdays  
starting January 11th  
6:30 PM - 7:30 PM

Registration Required



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