

We offer...

- Regularly scheduled paint classes
- Regularly scheduled craft projects
- Technique and skill building
- Painting parties
- Private children's paint classes
- Corporate team building projects
- Sensory activities

... and more!

We have...

- Something for every skill level!
- Fun!

**Contact us or visit us
to find out more
about our regularly
scheduled classes or
to book your event!**



M-POWER
WELLNESS CENTER

Contact us at

Front Desk: (651) 257-7957

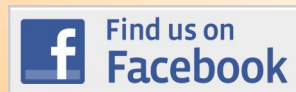
Art Instructor's office: (651) 257-7968

Email: NChristensen@MonarchMN.com

Visit us at

www.mpowerwellnesscenter.com

www.facebook.com/mpowerwc/



M-Power Wellness Center

10720 282nd St.

Chisago, MN 55013



M-Power

Art Classes



M-POWER
WELLNESS CENTER



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About us...

The M-Power Wellness Center offers a safe, fun, and non-judgmental environment. Our wellness facility allows adults 35 and over to enjoy being active, learn more about how to maintain being healthy as we age, and spend time with others who share the same interests.

Choose from a variety of instructed group fitness classes, both in the pool and on land. Let our personal trainers motivate and inspire you. Treat yourself to a reflexology or massage session. Tap your innermost social, intellectual, and vocational desires by attending some of the great classes offered through our Studios of Art.

About the Artist...

We would like to welcome our new Studio of Arts Coordinator and Wellness Specialist, Nicole Christensen. Nicole is always willing to help! If you need advice, a steady hand, or just help fixing something: she's got your back! Nicole wants you to leave loving, or at least liking, your painting or project!

Nicole graduated from Gustavus Adolphus College with degrees in Studio Art,

Paint Your Heart Out



This 3-hour workshop is designed especially for those who have experienced a loss of a loved one, job loss, loss of a special pet, financial loss, or are just feeling overwhelmed with life.

This class is designed to help transfer emotions and grief onto the painting canvas. With thoughtful direction from Nicole, unique and insightful paintings will be created.

Alternative Therapy, and coaching. She also has her NETA Personal Training Certification, Group Fitness, and Senior Fit certifications. She has worked on many commissioned projects, taught as a long-term substitute teacher, was a Personal Training Manager, and currently coaches Volleyball, Golf and Softball.

Cost...

Classes range from:

- \$10-\$30 for members
- \$15-\$40 for non-members

(each person will leave with a 16" x 20" canvas or completed project)

Private paint parties or corporate events range from:

- \$15-\$30 per person

(each person will leave with a 16" x 20" canvas or completed project. Min. 5 participants)

Children's paint parties range from:

- \$10-\$20 per child

(each kid will leave with an 11" x 14" canvas)

Why the range of costs?

Paintings, projects, and crafts may require more or less material, more or less time, and more or less instruction. Prices are adjusted accordingly. Please look at our brochures or contact the Art Instructor for pricing.