



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 special pet, financial loss, or just feeling overwhelmed with life.

Nicole Christensen, Studio of Arts Coordinator for the M-Power Wellness Center, will lead the class and help transfer emotions and grief onto the painting canvas.

With thoughtful direction from Nicole, unique and insightful paintings will be created.

Join Us: *(No previous art experience necessary)*

Monday, February 11th, 2019 at 2:00pm

M-Power Wellness Center

10720 282nd St. Chisago, MN 55013

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Cost is \$20/person

Please Register by February 8th

DSandberg@monarchmn.com or (651)257-7957

Or stop by the Wellness Center front desk.



M-POWER
WELLNESS CENTER

Questions? Contact Nicole: (651) 257-7968 NChristensen@MonarchMN.com