

Please join the Creative Arts Ministry in an



## Introduction to Zentangle class

Monday, October 2, 2023 from 6-8:30 pm

St. Andrew's room

Zentangle is a method of creating abstract art through structured patterns. It can be used to enhance creativity, reduce stress, and alleviate anxiety. Anyone can be an artist, using this method, and there are no mistakes!

All materials are included in the \$42 price of the class. For more information, and to register, please visit this link:

<https://www.eventbrite.com/e/698460844187?aff=oddtcreator>

About the instructor: Laura A. Marks is a CZT22 who lives in West Hartford. She obtained her Bachelors of Arts in Visual Arts degree from Eastern CT State University in 1989 and a Master's Degree in Counseling from the University of Hartford in 2001. Zentangle is the perfect blend of these two areas of interest; helping people through art.

Laura has been teaching Zentangle through the Art for Healing Program of Hartford Hospital since 2016, facilitating a group of cancer survivors and caregivers but also teaches through the Towns of West Hartford, Simsbury and Farmington, the Farmington Valley Arts Center, the New Milford, Chicopee, West Hartford and Newington public libraries, University of Hartford, Yale University as well as local places of worship and school systems. She has also taught the Zentangle method to large groups for professional development and/or team building purposes. Laura also teaches online classes to the public throughout the year.