

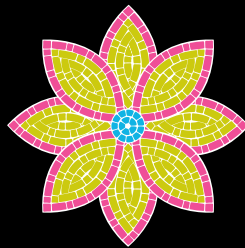
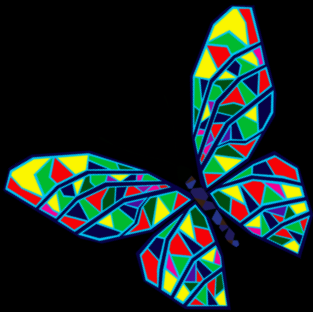
WELLNESS WEDNESDAY PRESENTS:

# MINDFUL ART SESSION

SEPTEMBER 11, 2024

UVALDE STUDENT SUCCESS CENTER  
(BUILDING S)

@12 PM



*Join us for a facilitated mindful session presented by Michelle Ramirez from the Children's Bereavement Center to discover how creating beauty can enhance your life. Creating intricate, colorful works of art offers both meditation and stress relief, as well as a profound sense of fulfillment and enjoyment.*

Lunch will be provided! Limited space is available, please arrive 5 minutes before your session.



**SOUTHWEST TEXAS COLLEGE**



Children's  
Bereavement  
Center  
OF SOUTH TEXAS