

ART MEDITATION: WATERCOLOR

WITH OCAPICA

Monday, September 25
11:30 am

Join us for an opening meditation followed by a watercolor painting session. Besides providing a creative outlet, watercolor is an excellent hobby for improving mental health. It can help to reduce stress, improve focus, boost confidence, and promote mindfulness. Enjoy the benefits!

ALL AGES WELCOME!

LIBRARY OF THE CANYONS

7531 Santiago Canyon Road
Silverado, CA 92676
714-649-2216

Monday - Thursday: 10am-7pm
Saturday: 9am-5pm
Friday & Sunday: Closed



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