

Cultivating Hope, Healing and Resilience Through Integrative Arts

The goal of this event is to promote an awareness of how the integrative arts can be useful tools to find hope and support in the journey to recovery.



This program will include a brief presentation on how expressive art can bring us back to the present mindfulness.

- * Musicians/motivational speakers Mike and Jo Whitney and local artists
- * Exhibit of expressive arts - incorporating creative engagement as a healing modality.
- * Interactive mini workshops (take home items)
- * Mindfulness meditation
- * Community resources on mental wellness
- * Laughing yoga presentation
- * Refreshments/light fare

Tabernacle UMC
83 Main St, Binghamton, NY
Parking/Entrance located in back.

Saturday, October 13, 2018
11:00 AM - 2:00 PM

Please RSVP to Tabernacle by Oct 11.
Call 607 723 8983 - (Mon-Thurs 10AM-3PM).
If before or after hours, please leave a message
with your name and number of those attending.



Come join us for some fun and new learning experiences



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