

CREATIVE WELLNESS WORKSHOP #1

SPRING 2017 SERIES

If you always feel like you should be doing something more, then nothing you ever do will feel like it is enough.

Give yourself a break! Create.

Presenter: Maryanne Arthur

Founder of Creative Blossoms, LLC, Maryanne Arthur is thrilled to launch 2017 creative wellness & giving workshops for adults. In past years, Creative Blossoms has hosted creativity classes, videos, summer camps and creative giving projects for children. Since 2002, Maryanne has owned and operated her own freelance corporate writing business, Just Write, LLC. In 2011, she and Annemarie Merow co-invented Pretty Pockets, a discreet and spirited way for breast cancer patients to display drain bulbs after surgery. Currently in 46 states and 9 countries, Pretty Pockets received worldwide acclaim through the longstanding PBS show, "Sewing with Nancy Zieman". Also, in 2011, Maryanne published an online "52-Week WAKE UP! Challenge" to embrace one idea and one action step each week, sparking a profound shift in thinking – *from auto-pilot to awareness*. Join the movement!

www.creativeblossoms.com
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Be **creative**
Grow **your** Brain

**For those who want to design
a deliberate path to joy**

**Friday, March 10, 2017
6:30-8:00pm workshop**
doors open at 6pm

Towson United Methodist Church
501 Hampton Lane, Baltimore, MD 21286



Bust Out of Your Self

Step beyond the calendar blocks, routines and busy-ness of everyday life and shift your energy – for just 90 minutes – to do something meaningful, something more. Just for you.

Attend "Grow Your Brain" and explore the brain's powerful ability to spark new connections at any age or stage. You'll learn how everyday activities can fuel our creative souls and lead to a greater sense of happiness and well-being. Then, you'll unleash your own creative potential by designing a take-home glass bottle vase.

Be bold - Get crafty - Have fun!

Wear comfortable clothing. Learn and play in a safe, nurturing setting. Gain creative confidence. Meet friends. Design your own work of art!



Register and pay online.

www.creativeblossoms.com/enroll

\$20/person includes workshop,
art supplies and light snacks

Registration deadline is March 3, 2017. No refunds after this date.
You may send a substitute; but you'll miss the FUN!