

CREATIVE WELLNESS WORKSHOP #2

SPRING 2017 SERIES

When something unexpected or unpleasant happens to you, do you lament, 'Why me?' Or, do you ask, 'What can I learn from—and do with—this moment?'

Give yourself a break! Create.

Host: 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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create Gr-atitude

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

**Friday, April 7, 2017
6:30-8:00pm workshop**
doors open at 6pm



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

Transform Attitude to Gratitude

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 "Create Gr-attitude" and learn how pre-conceived notions about human behavior can often 'hold us back' from connecting with one another. Hear first-hand accounts of gratitude, sparked by moments of attitude. And, begin to "see" everyday situations differently. Use this knowledge to fuel your creative soul and lead you to a greater sense of happiness and well-being. Then, surprise yourself! Unleash your own creative potential by designing paper greeting cards and journals.

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 April 1, 2017. No refunds after this date.
You may send a substitute; but you'll miss the FUN!

