

## CREATIVE WELLNESS WORKSHOP #3

SPRING 2017 SERIES

"To eat is a necessity; but to eat intelligently is an art."

--Francois de le Rochefoucauld

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!

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NEED MORE CREATIVITY IN LIFE?

Sign up for Creative Sparks at our website.

[www.creativeblossoms.com](http://www.creativeblossoms.com)

# Spice Up Life

For those who want to design  
a deliberate path to joy

**Friday, May 12, 2017**  
**6:15-8:00pm workshop**  
Doors open at 6:00pm

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



### Grow Herbs to Eat and Feel Well

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 "Spice Up Life" and discover why it's important to "eat plants". Identify which garden herbs taste great AND have healing powers. Also, discover why it's important to 'buy and eat local'. Don't have a green thumb? Doesn't matter. Don your mucky boots and dig into the discussion. Use this knowledge to tantalize your palate and lead you to a greater sense of happiness and well-being. Then, surprise yourself! Unleash your own creative potential by planting seeds, sampling fresh herbs and making organic ginger ale (with local honey). Yum!

### Be bold - Get crafty - Have fun!

Wear comfortable clothing. Learn and play in a safe, nurturing setting. Gain creative confidence. Meet friends. Bring a recipe to share!

Register and pay online.

[www.creativeblossoms.com/enroll](http://www.creativeblossoms.com/enroll)

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

Registration deadline is May 8, 2017. No refunds after this date.  
You may send a substitute; but you'll miss the FUN!