

# Art and Relaxation

Participants will learn and practice relaxation and mindfulness techniques, then create art using mindfulness skills. In our busy lives taking time to be creative and rejuvenate will be a welcome respite for all.

**Program Type** [Series](#)

**Time** 4 Sessions, 1 hour

**Audience Size** 15

**Language** Spanish, English

**Audience** All Audiences

**Season** All Year

**Topic** Wellness

**Region** Metro Boston, Boston

**Program Contact**

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