

ART Chair Massage Wellness Workshop

Residents will embrace their creative spirit and create an art journal. This creative process encourages a calm mind and relaxation. With that same intention, participants will receive a 10 minute fully clothed chair massage to bring a deeper sense of relaxation to their day. Each component is 1.5 hours for a total session of 3 hours.

Program Type [Single](#)

Time 3 hours

Audience Size 6 min - 15 max

Language English

Audience All Adults

Season All Year

Topic Wellness

Region Statewide

Program Contact

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