

the MIND SPA presents

FEELING GROUNDED

Connect with nature to connect with yourself

Thursdays 2:00 pm - 3:00 pm, Memorial Union Suite 120

September 12: Nature Walk

September 19: Flower and Plant Pressing

September 26: DIY Nature Sensory Jar

October 3: Wire Wrapping

October 10: Paint and Plant a Flower Pot

October 17: DIY Essential Oil Diffuser Necklace

October 24: Nature Walk

October 31: Creating Art to the Tune of Nature

November 7: DIY Junk Journal

November 14: DIY Rice Heating Pad

November 21: Wire Wrapping

December 5: *Penobscot Tribe guest* - Plant Identification and Traditional Medicinal Methods

December 12: Paint and Tunes

