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