



UNIVERSITY OF MIAMI  
MILLER SCHOOL OF MEDICINE  
**COMPREHENSIVE CENTER**  
for BRAIN HEALTH

## Destress and Delight Your Brain with Zentangle®

### What is Zentangle?

Zentangle is a meditative drawing method that applies structured, repetitive patterns to create beautiful abstract designs. It is easy-to-learn, requires minimal materials, and can be complete in a short time frame. It is a relaxing art form that provides structure to explore and experiment with shapes and patterns, build self-gratitude, and express creativity.

### Why should I participate in Zentangle?

Enjoy the benefits of mindful creativity to relieve stress and enhances focus, spatial awareness, memory, and tactile skills. Creating Zentangle art fosters creativity and personal growth while nurturing friendships and social connection.

### Where is Zentangle?

**Lake Delray Apartments  
Senior Community**  
700 Lindell Blvd, Delray Beach, FL 33444



**3-Workshops**  
**Thursday June 12<sup>th</sup>**  
**Thursday, June 26<sup>th</sup>**  
**Monday, June 30<sup>th</sup>**  
**1:30 - 3:00 PM**

**Each workshop is different  
and teaches new skills.**

**Register at community room.**  
**Phone: 561-499-6691**

### Comprehensive Center for Brain Health

7700 W. Camino Real, Suite 200, Boca Raton, FL 33433  
561-869-6828 | Email: CCBHevents@miami.edu | Web: UMiamiBrainHealth.org

Building A Better Brain, Building A Better You.