



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



Zentangle®

Experience the Global Phenomenon in Mindful Drawing

Join us at Lantana Road Library in Lake Worth, FL



Zentangle is a 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.

3-Workshops in the Zentangle Program **Wednesdays, October 8, 15, and 22, 2025** **2:00 - 3:30 PM**

Each workshop is different and teaches new skills.

Experience its benefits for stress reduction and mindfulness, improved focus and tactile skills, and lifelong learning, neuroplasticity, creative expression, and social connection.

- Registration required with Lantana library
- Limited space
- [Click here](#) to register
- Library phone: 561-304-4500
- Library Address: 4020 Lantana Road,
Lake Worth, FL 33462
- Web: pbclibrary.bibliocommons.com/v2/events
- Each workshop is unique and builds skills
- No drawing or art experience is required
- No cost and no materials needed to participate



CCBH Outreach provides science-based 'brain health' activities to foster cognitive skills, well-being, creative expression, and social connection.

Comprehensive Center for Brain Health
7700 W. Camino Real, Suite 200, Boca Raton, FL 33433
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Building A Better Brain, Building A Better You.