

Put the neurons in your brain to work! Spend the early afternoon learning Zentangle.

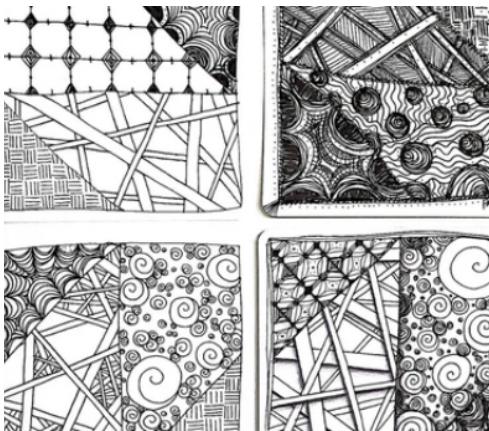
## Anyone can do it!

Free class and arts supplies provided by and presented by The Comprehensive Center for Brain Health, University of Miami Miller School of Medicine.



### Destress and Delight Your Brain with Zentangle®

PRACTICE MINDFULNESS AND IMPROVE YOUR



BRAIN HEALTH BY DRAWING  
STRUCTURED PATTERNS WITH A  
CERTIFIED ZENTANGLE INSTRUCTOR

- \*EACH SESSION IS STAND ALONE
- \*PERFECT FOR BEGINNERS

Thursday May 7<sup>th</sup> 2026 1:00-2:30



Preregistration required

CALL 561 482-4554

**Glades Road Branch**

**20701 95<sup>th</sup> Ave S Boca Raton, FL 33434**

