

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.



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

Destress and Delight Your Brain with Zentangle®

PRACTICE MINDFULNESS AND IMPROVE YOUR

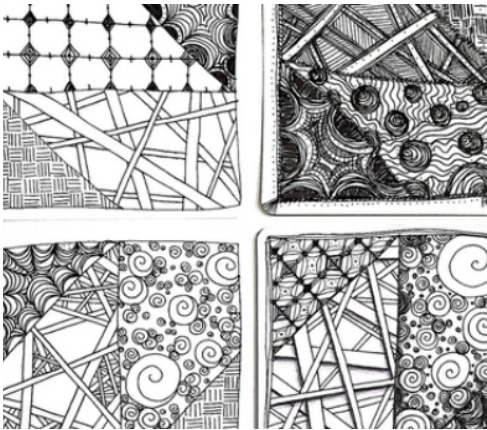
BRAIN HEALTH BY DRAWING

STRUCTURED PATTERNS WITH A

CERTIFIED ZENTANGLE INSTRUCTOR

*EACH SESSION IS STAND ALONE

*PERFECT FOR BEGINNERS



Thursday May 7th 2026 1:00-2:30

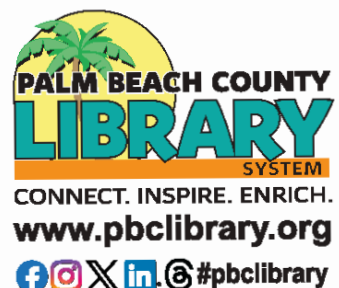


Preregistration required

CALL 561 482-4554

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