

**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

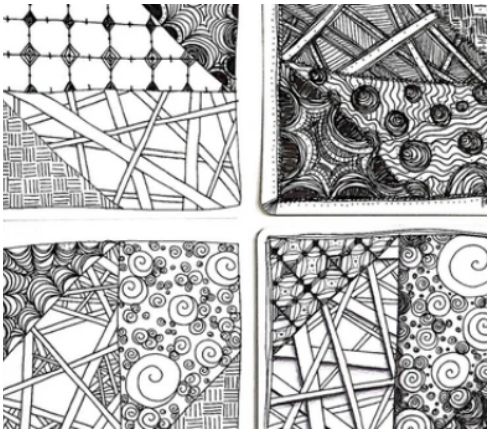
BRAIN HEALTH BY DRAWING

STRUCTURED PATTERNS WITH A

CERTIFIED ZENTANGLE INSTRUCTOR

\*EACH SESSION IS STAND ALONE

\*PERFECT FOR BEGINNERS



**Thursday April 30<sup>th</sup> 2026 1:00-2:30**

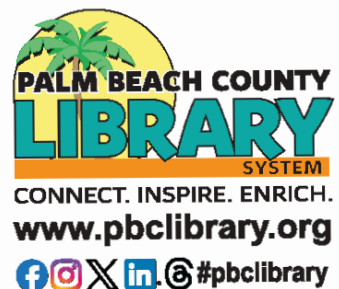


**Preregistration required**

**CALL 561 482-4554**

***Glades Road Branch***

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



CONNECT. INSPIRE. ENRICH.

[www.pbclibrary.org](http://www.pbclibrary.org)

[f](#) [i](#) [X](#) [in](#) [@](#) #pbclibrary