

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

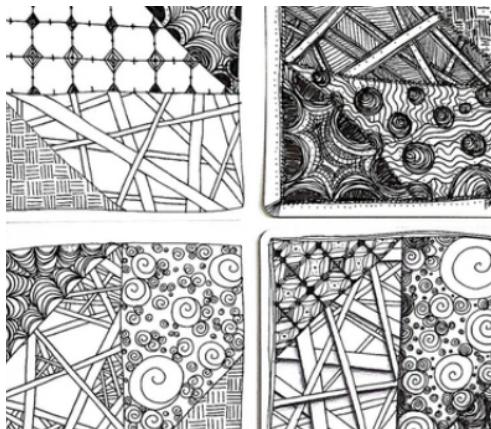
Anyone can do it!

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®

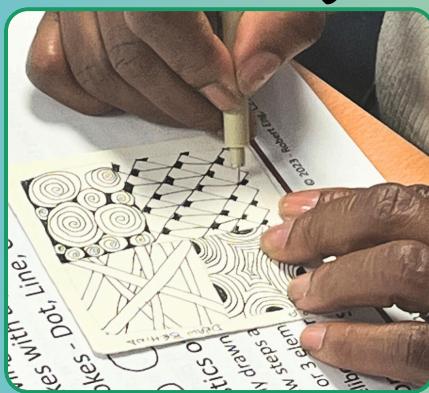
PRACTICE MINDFULNESS AND IMPROVE YOUR



BRAIN HEALTH BY DRAWING
STRUCTURED PATTERNS WITH A
CERTIFIED ZENTANGLE INSTRUCTOR

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

Thursday April 30th 2026 1:00-2:30



Preregistration required

CALL 561 482-4554

Glades Road Branch

20701 95th Ave S Boca Raton, FL 33434

