



## The Art of Wellness

***Stressed out? Need to unwind?***

**Join us for a relaxing, fun, creative  
wellness activity**

***Drop in for all or part of any session***

**CSUF Student Wellness, SHCC-East Conference Room**

**No experience,  
materials, or artistic  
ability required!**

**Spring 2020 Schedule**

**Wednesdays**

**12 p.m. — 1:15 p.m.**

**2/5 Coloring for Adults**

**2/12 Positive Collaging**

**2/19 Kindness Rocks**

**3/4 Zentangles**

**3/11 Clay Play**

**3/18 Make Your Mark**

**3/25 Create a Postcard**

**4/22 Permission Slips**

**4/29 Coloring for Adults**



**STUDENT WELLNESS**

**(657) 278-3040 fullerton.edu/caps**