

Hemp & Beads Jewelry Making

Thursday, July 22 • 3 p.m. - 5 p.m. • Conf. Room C

Presenter Sue Beaudoin will teach you how to custom design a necklace and bracelet. No art experience is necessary and all materials are provided. Class size is limited to seven.



Chakras: Your 7 Energy Centers

Thursday, August 19 • 1:30 p.m. - 3 p.m. • Conf. Room C

The Seven Chakra system is based on ancient eastern traditions. Presenter Emily Ecker will discuss what they are and which colors, emotions and sounds are associated with each one.



Creating Vision Journals

Thursday, September 30 • 1:30 p.m. - 3:30 p.m. • Conf. Room A

Join Rhonda Ouelette, Soul Coach, in using a variety of art media including magazines, photos and fabrics to create a journal to hold thoughts, feelings and visions. Materials will be provided or bring your own. Participation limited to 12.

