



*Back by popular request!*  
Join us for an introduction to:



## Mindful Art



Zentangle is an easy-to-learn, creative, and relaxing way to craft beautiful drawings using structured patterns. Unleash your inner artist and discover a new way to practice mindfulness and well-being.

**Where:** Douglas County  
Community & Senior Center  
Carson Valley Health Room  
1329 Waterloo Lane  
Gardnerville

**When:** Wednesday, April 30  
1-3:30 p.m.

**Cost:** FREE

**Led by local Zentangle  
artist Teresa Breeden**

**Space is limited; please call 775-783-1510  
or email [amy@spnawareness.org](mailto:amy@spnawareness.org)  
to secure a spot.**



**Suicide  
Prevention  
Network**

Sponsored (in part) by Partnership Douglas County and by SAMHSA and/or the Substance Abuse Treatment Agency of Nevada (SAPTA).

