

# CALM

## CREATIVE ARTS FOR LOWERING MENTAL STRESS

**FREE!**

In-person workshop once a month to MEZCOPH faculty, staff and students

**REGISTER NOW**



LIMITED SPOTS-FIRST COME FIRST SERVE

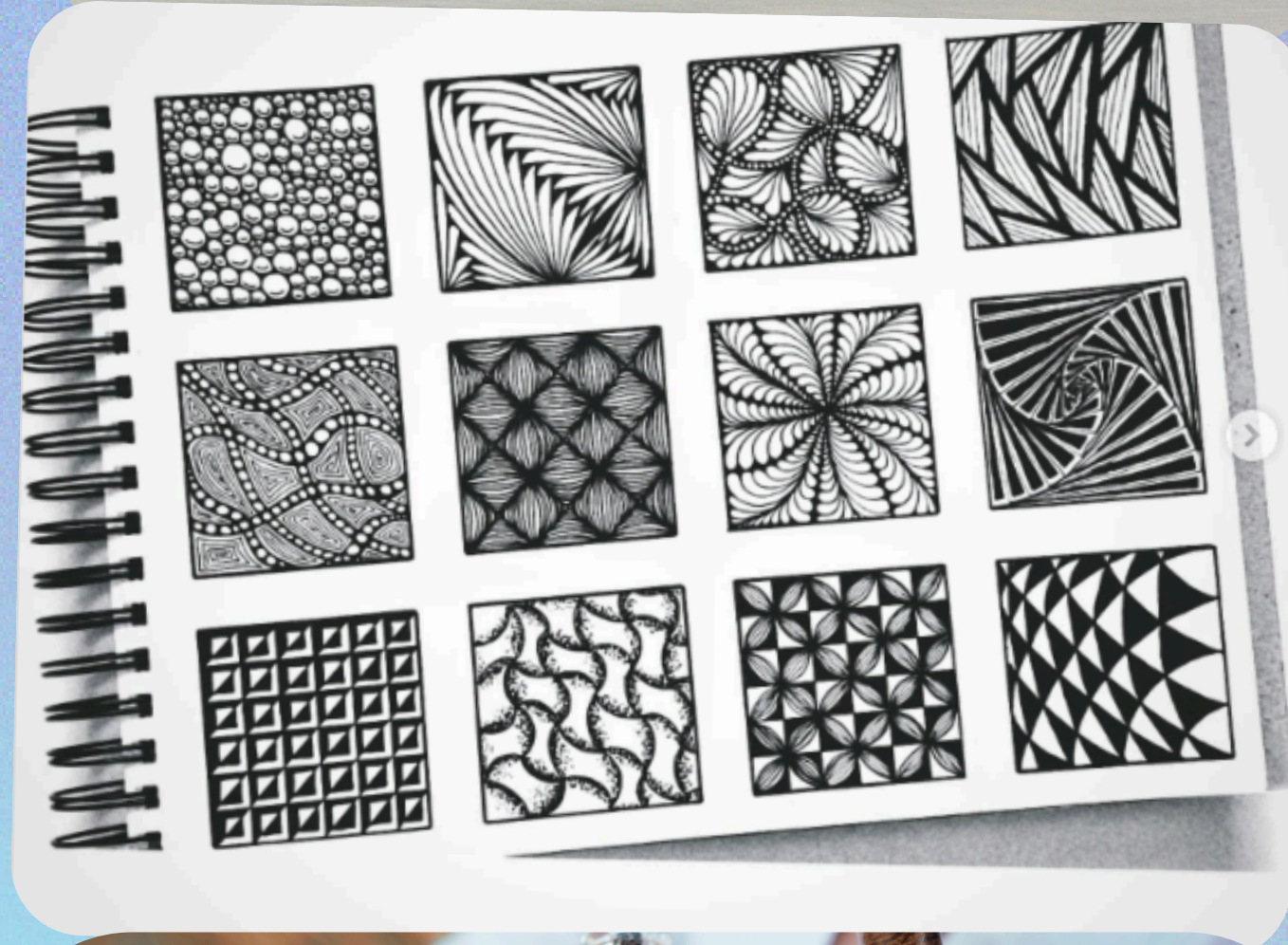
- Feb 25, 12:30-1:30 PM

*Healing Dance* incorporates dance therapy and mindfulness dance techniques to reduce stress



- March 25, 12:30-1:30 PM

*Zentangle* is a form of meditative doodling, involves creating intricate patterns and designs using structured, repetitive strokes.



- April 29, 12:30-1:30 PM

*Singing bowl meditation* Singing bowls produce resonant sound frequencies and vibrations that can effectively relax and reduce stress.



THE UNIVERSITY OF ARIZONA  
Mel & Enid Zuckerman  
College of Public Health

**Location: Drachman A122**

Arts for Health and Wellness Initiatives

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