10/10/18
Let’s Declutter!
Are you feeling overwhelmed by too much stuff? Are you ready for your home and office to feel and function better? Feng Shui believes that clean, uncluttered spaces lead to peace and tranquility. Come learn the meaning of the stuff we hold onto and strategies to get more organized. This workshop has all of the inspiration you need to get started on your decluttering process. Ample time will be given for questions. Your facilitator, Lisa Law, is a Feng Shui Consultant, Author and Coach. She looks forward to helping your spaces feel and function better.

12/12/18
Unleashing your creativity: Learning the art of mediation via Zentangle

Zentangle®️ is an easy-to-learn, relaxing and fun method of creating beautiful images with structured patterns. With its simple process and focus on the practice of putting pen to paper, Zentangle encourages you to slip into a state of relaxed focus and open up to your imagination. No artistic experience is necessary. Taught by Certified Zentangle Teacher®️ Katie Crommett, students will create at least one piece of Zentangle art in the session, and leave the class with materials to create more. Katie highlights the meditative aspect of this art form and how this practice can benefit students of all ages.

Wellness Series

10/10/18 Let’s Declutter!

2.0 nursing contact hours per session

Programs are held at the Children’s Hospital Waltham
9 Hope Ave. Waltham, MA - DEVEBER conference room
Light dinner is provided from 4pm to 4:30pm
Lecture runs 4:30pm to 6:30pm
All handouts are sent electronically

$65 per session

Pay with PayPal account or credit/debit card by clicking on the link. Checks are accepted and can be made payable to Boston Children's Hospital and Mailed to: Judi Naar/Main 9 East, Boston Children's Hospital, 300 Longwood Ave., Boston, MA 02115

Register for both programs here