Wellness Series

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.

$65 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

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

Name: ____________________________________________
Employer/School: __________________________________
*Email Address: ____________________________________
Special Accomodations Needed: _______________________
Dietary Restrictions: _______________________________

☐ October 10th  ☐ December 12th

*Handouts are sent electronically via a secure link sent to your email. Please provide an email address you check frequently.

Register for both programs here

Boston Children's Hospital
Community Education Initiative

NEW DATE!

1/8/19
Unleashing your creativity: Learning the art of mediation via Zentangle

2.0 nursing contact hours per session