

Creativity & Your Well-Being Series

Doodling

For Relaxation & Focus



TUE, FEB 4

12:10-1PM

HYBRID: TANG ED CENTER OR ZOOM

Doodling and Creative Activities May Help:

Improve verbal recall

Lower blood pressure

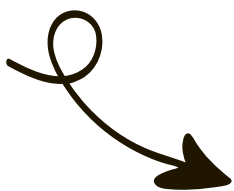
Decrease stress

Support immune system

Productivity



Supplies provided to in-person attendees



Register

