

To Your Health! Associate Wellness Virtual Creative Wellness Workshops for Associates

Place an order for individually packed art kits and schedule a departmental workshop or small group session with the Creative Wellness program manager. *Open to all associates!*

Kit Based Workshop Options

- Calming Collage
- Grounding Mandalas
- Make-Your-Own Coloring Book
- Mindful Sensory Sand Container
- Emotions in the Moment Box
- Black Out Poetry
- Safe Space Pin
- Group Mosaic Collage



Creative Wellness is rooted in the theories of art therapy, where participants utilize art materials in order to explore their thoughts, feelings, emotions, and experiences.