

RUTGERS
University Behavioral
Health Care

Intensive Family Support Services (IFSS) of Middlesex County
Supported by National Alliance on Mental Illness (NAMI) of Middlesex County

“Painting in the Park”

Please join us for this relaxing wellness program on:

Saturday, September 26th, 2020

Time: 10:00 Am - 12:30 Pm

Location: Johnson Park, Grove #2, Piscataway, NJ 08854



Canvas Painting
Guided Meditation
Light Refreshments
Delightful Company
& Much More...

All in a Tranquil “Socially Distant” Outdoor Setting

Canvas Painting is not limited to being just an artistic endeavor, but also delivers many health benefits. It is therapeutic because it allows the mind to focus on the images at hand and on nothing else. This focus toward one central topic relieves stress on the mind, and in turn relaxes the body. Creating art teaches you to be attuned with an aesthetic of the visual world around you and makes you appreciate the beauty in and of life. Pick up a paintbrush and try out this enjoyable hobby!

**** Families and Adult Consumers Welcome to Attend ~ Registration Required ~ Register Soon, Space is Limited! ****
Please call IFSS at **732-235-6184** to register not later than Monday, September 21st, 2020.

