

**FREE
Adults Only**

AnARTists Workshop

Music for Stress Reduction and Wellness

Join us for a very special music activity workshop
by national board-certified music therapist

Diane Garrison Langston, NMT, MM, MT-BC



Through a creative group music experience and active music-making,
we will learn how to use music to reduce stress and practice wellness!

August 6th 2019

4:30pm - 6:15pm

at UF HealthStreet
2401 SW Archer Road
Gainesville, FL 32608

**AnARTists meets the first
Tuesday of every month**



FaceBook.com/AnARTists
AnARTistsGainesville.com

nARTists

Art For Everyone

www.NamiGainesville.org



NAMI Gainesville

National Alliance on Mental Illness

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