

Counselor Education *Wellness Works* presents:

Integrating Creativity & Spirit into Personal Wellness



Everyone is welcome.... No previous art experience is necessary! Join us to enjoy colors, words, images, metaphors, music, white space, and more; explore various creative mediums, and be part of a processing discussion afterwards. If you are feeling inspired, sad, confused, bored, overwhelmed, disconnected, peaceful, etc., creativity can help you delve into a deeper level... These techniques can be used for your personal wellness and/or for work with clients.

Monday, March 2, 2009

5 - 6 pm

Norman 1327A

Presented by

Emi Lenes, Ed.S, NCC

A graduate of the Counselor Education program, Emi currently loves being a counselor at the PACE Center for Girls. In addition, she enjoys integrating Creativity and Healing as a Mental Health Tech at Shands at Vista-Child & Adolescent program, and is filled with inspiration as she co-facilitates the UF course *Spirituality and Creativity in Healthcare* with Dr. Mary Rockwood Lane.

If you have any comments, questions or suggestions for future wellness activities, please contact:

Cheryl Pence Wolf, Principle Investigator, cpence@ufl.edu

Isabel Thompson, Co-investigator, ithompson@ufl.edu

Eric Thompson, Co-investigator, erict56@ufl.edu

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