



heART Matters

Share in a community of safe expression of self, identity, heart, emotion, and mind. Find your core, your heart, joy, peace, spirit and divine connection.

- Each session, Mary Ann Latsaras, OM, MSW, ACHT, Advocate and Mediator of Holistic Health, will lead us through using our creativity to channel and express our deepest feelings.
- A guided visualization meditation accompanied by music, prior to the creative session.
- Every other Friday, starting JUNE 4, 2021 at 7:00 pm.
- Sessions will be available in person and on Zoom.
 - In person sessions will include all supplies for \$30.
 - Zoom participants can use whatever they have at home to follow along for \$16.
- In person seating is limited due to COVID protocols, so first come, first serve.
- RSVP to events@holycovenantmcc.org for instructions on pre-payment or