



## Lunch and Learn Finger Painting to Calm the Mind

*"We don't stop playing because we grow old, we grow old because we stop playing." George Bernard Shaw*

There are many emotional and social benefits of finger painting. Finger painting can help build rapport and connection with yourself and others. It allows you to explore feelings without words or language. It is an excellent tactile experience that allows you to use your imagination and calm your mind. It is also an excellent stress reliever. Releasing anxiety in the form of painting helps a person unwind and let go of pressures that plague the mind. Low stress levels lead to a happier, healthier lifestyle and helps improve overall mental health.

**AgriLife Employee Wellness** invites you to come and experience the joy of finger painting. **Finger Painting to Calm the Mind** classes will be presented by **Cindy Kovar, Program Manager of the Brazos Valley Injury Prevention Coalition and Statewide Initiatives** part of the Texas A&M AgriLife Extension Service Family and Owner at [www.CapturedMoments.Etsy.com](http://www.CapturedMoments.Etsy.com)

In addition to the valuable benefits of attending the class, participants will receive lunch, an AgriLife Employee Wellness incentive item, and a treasured finished painting to keep.

The experience of using your fingers to create something fresh and new can be very uplifting. Invoke your inner child and remember how great it is to play and explore your creativity.

**Dress appropriately for painting**

Date	Location	Time
6/15/2022	AgriLife Admin. Services Bldg. (AGSV), First Floor 578 John Kimbrough Blvd., College Station, TX. 77843	12:15 p.m. - 1:15 p.m.
6/27/2022	AgriLife TVMDL 483 Agronomy Road, College Station, TX. 77843	12:00 p.m. - 1:00 p.m.
6/28/2022	AgriLife Admin. Services Bldg. (AGSV), First Floor 578 John Kimbrough Blvd., College Station, TX. 77843	12:15 p.m. - 1:15 p.m.
6/29/2022	Richard & Patsy Wallrath AgriLife Extension Building 1470 William D. Fitch Parkway, College Station, TX 77845	12:00 p.m. - 1:00 p.m.
6/30/2022	TAMFS Headquarters Building, Conf. Rm. 1105B 200 John Kimbrough Blvd., College Station, TX. 77845	12:00 p.m. - 1:00 p.m.

*(AgriLife TVMDL – TVMDL employees with building access only)*

Click here to sign up: <https://www.signupgenius.com/go/30E044DABA922A1FA7-finger1>



For questions, please contact: *Texas A&M AgriLife Employee Wellness Committee* | [AgriLifeWellness@aq.tamu.edu](mailto:AgriLifeWellness@aq.tamu.edu) | p. 979-845-2423

Check out the [AgriLife Employee Wellness webpage](#) for upcoming events and resources

*Note: Please do not reply to this email, as this email address does not accept reply messages.*