

the MIND SPA presents:

          FEELING GROUNDED

***Connect with nature to connect with yourself***

Thursdays 2:00 pm - 3:00 pm, Memorial Union Suite 120

**September 12:** Nature Walk **September 19:** Flower and Plant Pressing **September 26:** DIY Nature Sensory Jar

**October 3:** Wire Wrapping **October 10**: Paint and Plant a Flower Pot **October 17:** DIY Essential Oil Diffuser Necklace **October 24:** Nature Walk **October 31:** Creating Art to the Tune of Nature

**November 7:** DIY Junk Journal **November 14:** DIY Rice Heating Pad **November 21:** Wire Wrapping

**December 5:** *Penobscot Tribe guest* - Plant Identification and Traditional Medicinal Methods **December 12:** Paint and Tunes