

Healthy Inspirations - SEPTEMBER

Health Solutions Family Center: 1 El Pueblo Ranch Way, Pueblo

Every Tuesday Night. Doors open at 5:00pm. Class begins at 5:30pm.



September 3: *Watercolor Sunset Painting* - presented by Jean Ray (Owner, Joifull Creations)

In this week's class Jean will guide you step-by-step to learn how to create a beautiful watercolor painting. Come and learn how to paint with watercolors and leave with an impressive artwork to enjoy! Why not give it a try? We'll have all materials available for you!

September 10: *'Purse'onal Notecards* – presented by Shannon Miller (Stampin' Up Demonstrator)

Create a mini purse from a treat bag complete with a few notecards. Don't want a purse? Make the cards and keep in the bag instead. These beauties include foil papers and reversible ribbons. Think vibrant peacock colors + copper.

September 17: *Grateful Hang Tags* – presented by Lesli St. John (Health Solutions Clinician)

Lesli will lead attendees in creating custom hang tags. You will use scrapbooking techniques to make these little pieces of paper art. If you enjoy card making, collaging or other paper crafting activities then you will love making hang tags! As always, all materials provided.

September 24: *Pop-up/ Cut-out Greeting Cards* – presented by Desi Jensen (Independent Artist and Creative Blogger)

Let's make something to give to someone else tonight! Desi will challenge you to get creative and make unique greeting cards. BTW: Did you know that Christmas is only 12 weeks away?

**OUR CLASSES ARE FUN, FREE AND FAMILY FRIENDLY
JUST DROP IN! NO RSVP NEEDED! SEE YOU THERE!**

Questions? Please contact:

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Visit www.health.solutions for Healthy Inspirations schedules and more!

