



## Drawing for Wellbeing

**Thursday 25th January, 7.30pm at The Village Hall**

Our speaker Kate Dawes will be explaining how the process of drawing can help relieve stress and anxiety and improve our general well being.

This will be an interactive session and you don't need to be good at drawing. Its all about enjoying the therapeutic process.

Paper and pens will be provided.

If you would like to join us as a guest, you will be very welcome. Just contact us before the meeting and we will make sure there is someone to greet you.

To find out more about OP WI visit the Village website  
[www.overpeover.com/over-peover-womens-institute](http://www.overpeover.com/over-peover-womens-institute)

or contact

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