



801 E. Front Street, Traverse City, Michigan 49686

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*Making longer lives, better lives.*

**\*FOR IMMEDIATE RELEASE\***

**Date: April 26, 2018**

Contact: Lori Wells, Manager

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**Subject: "See Me" Self Expression Painting Class**

**Traverse City** – Anyone can benefit from the therapy of art combined with meditation. Creating with intention is simply working with mindfulness to use art applications as a springboard for improving a person's mental, communicative and emotional states.

Join a free-flowing (non-technical) class, led by local artist and life coach Evelyne Verret, on Thursday, May 17 or 24, 5 p.m., at the Traverse City Senior Center, 801 E. Front Street. The class is designed to help participants access who they are and who they are becoming through the Intentional Creativity® process.

Verret, who is originally from Québec City in Canada, lives in Traverse City. She is a certified Intentional Creativity® coach. Using Intentional Creativity®, painting and coaching, Verret addresses through a creative method the issues, doubts, fears and limiting beliefs we all have.

The participants in the two classes will be showing their creative abilities at an Art Show on Thursday, May 31 at 5 p.m. All are welcome to view their masterpieces and chat with the artists.

The cost of the class is \$25 and advance registration is required.

For more information and to register, email [dmikowski@grandtraverse.org](mailto:dmikowski@grandtraverse.org) or call the new program registration number at 231-922-2080

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