

EmpowerME

A VIRTUAL COMMUNITY SERIES
ON HEALTH EMPOWERMENT

**Overcoming
Stress Through Art**

Today's cultures has created heightened anxiety, depression & stress for students of all ages. As a result, unhealthy ways of coping are at an all time high. We all need healthy ways to cope. This program examines the life of Van Gogh and how he used art to overcome adversity. Attendees will create an art piece using techniques for their own self-expression.

RSVP required for event link: director@betheinfluence.org

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