



Join this Fall 2022 Special Event

# “Art Therapy” Painting Pumpkins

With Becky Winter



**Thursday, September 29<sup>th</sup> 5:00 – 7:00 pm**

## Painting Pumpkins Art Therapy Event at The Wellness Spa

Come and paint this fall inspired Pumpkin picture on a 10x20 wrapped canvas. Becky will teach how to paint this beautiful fall scene and help you step by step as she paints along with you. Even if you have never painted before, Becky will make it fun and easy to ensure you create something wonderful while you spend time being creative and relaxing. Art Therapy can lower blood pressure, relieve stress, stimulate brain activity, reduce depression, even reduce pain symptoms. Being creative while in The Wellness Spa’s relaxing environment can ensure these two hours are enjoyable and therapeutic. To keep the fall spirit rolling, we will provide a variety of hot beverages, apple cider, and juices while you pamper yourself through a paint brush. \$40

**Class Size Limited** - please sign up at The Wellness Spa front desk or call 715-341-3333 to reserve your place in class. Workshops are on a pre-pay, non-refundable registration basis.



Becky Winter loves to create and inspire others to do the same. She opened 'I Heart Art Studios' located in the beautiful downtown area of Wisconsin Rapids, in 2019 and is a firm believer that anyone can create with a little encouragement. Becky teaches how to paint on canvas, old windows, porch signs, rock painting, and encourages people to explore art in many other areas. She is available for private events, fundraisers, birthday parties, team building workshops, or public events. Becky also does online tutorials through social media and offers classes via Zoom every other month. You can find Becky's art all around the central Wisconsin area in the form of permanent murals and temporary window designs. One of her core values is using art to make her community beautiful. Her whimsical and fun designs have brought many smiles to so many in our community.

Held at The Wellness Spa, 3916 Water Street, Stevens Point, WI 54481 [www.WellnessSpaResort.com](http://www.WellnessSpaResort.com)