



Creative Socials at Athena House
Learn, Create, De-stress, & Socialize
For men and women
June 2021
July/August TBA soon)

Make a Fused Glass Suncatcher with Kim Biggerstaff
Beautiful 5"x5" sunflower with stainless steel bale & leather cord
Tuesday, June 29, 6:30-9 pm
Cost \$25 (includes materials)

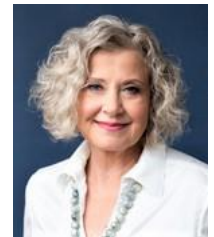


A social, fun class with no previous skills required. Also learn to create your own designs and try your hand at cutting glass. Kim will take your creation to fuse in her kiln and will arrange with each of you for delivery within a week. Some of Kim's work will be on display and available for purchase.

Glass Artist: Kim Biggerstaff

Info: kimhbiggerstaff@gmail.com <https://www.facebook.com/KB-Creative-by-Kim>
Registration: Reserve with Kim--text your name&"Sunflower Class" to 317-695-2305
Or
<http://tinamangosarts.com/athena-house-classes-and-more/> Tinatango@aol.com
** You must reserve by Sunday, June 27!!

From Chaos to Calm with Cathy Boone-Black
Resources and Strategies for Feeling Serene in a Stressful World
Wednesday, June 30, 6:30-8:30 pm
Cost: \$25



Learn powerful tools to understand your brain and that you DO have control over your thoughts, so you can live your best life. Learn the techniques of Faster EFT (tapping), NLP (Neuro Linguistic Programming), Breathwork, and Visualization in a casual, comfortable environment. Easy-to-learn methods to stay calm in the chaos of life.

Presenter: Cathy Boone-Black

A certified practitioner in several areas, which are listed on her website. For over 40years, Cathy has used proven methods to relieve her own panic attacks, anxiety, and fear.

Info: You may contact Cathy at:
www.IndianIntegrativeHypnosis.com
cathy@Indianintegrativehypnosis.com 317-706-0306

Registration:
<http://tinamangosarts.com/athena-house-classes-and-more/> Tinatango@aol.com
