



Cultural Threads is an Arts, Health and Wellbeing programme produced and delivered by GemArts who work with professional artists across diverse art forms to help you to:

- Develop new creative skills and interests
- Have fun and connect with others
- Access networks and support to improve mindfulness, wellbeing and health.

Each art activity takes place over 6 weekly sessions, delivered via Zoom in a relaxing, supportive, friendly atmosphere.

FREE to join (20 places per activity). All art materials to take part will be provided, no prior arts experience required.

Chinese Watercolour Painting

with artist **Dr Chun-Chao Chiu**

Starting Tuesday 13 September 2022 from 7-8.30pm

The sessions include an introduction to paints, tools and materials.

You will develop creative skills in:

- Chinese brush painting
- Learn how to paint landscapes, flowers, animals
- Chinese Calligraphy.



To book please follow the link below:
<https://bookwhen.com/hubwellbeingoffers>
Using passcode **GEMARTS22**

Staff
Wellbeing
Hub