



## Visual Arts from Around the World with artist Jayamini de Silva

Starting Thursday 15 September  
2022 from 1-2.30pm

Take a creative trip across the world  
and develop new skills in:

- Dot Mandala Painting
- Origami
- Chinese Calligraphy
- Chinese brush painting .....Plus more!!

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

**FREE** to join (15 places per activity).



All art materials to take part will be provided, no prior arts experience required.

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.



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

