



Geometric Drawing as a Healing Path

A healing experience using colored pencils to bring beautiful geometric designs to life!

Thursday, June 4, 12-2:00 pm (Movie Room)

with Educator, Dr. Andrew Darian

No experience necessary. All supplies will be provided.

Limit 12. RSVP to save your spot!



Sound Healing to Reduce Stress & Soothe Your Spirit

Tuesday, June 9, 12-1 pm (Movie Room)

with Linda Schlicher, Sound Healer



Experience the therapeutic power of sound through crystal singing bowls and flute to help achieve balance, relaxation, and healing.



Prayer & Meditation Practices to Express, Ease & Heal Your Grief

Friday, June 19, 9:30-11 am (Movie Room)

with Shea Darian & Angela Lahman, Spiritual Care Providers



Sacred Song ~ Guided Meditation ~ Sacred Readings ~ Aromatherapy

"In the inner stillness where meditation leads, the Spirit secretly anoints the soul and heals our deepest wounds." — St. John of the Cross

RSVP: 623-465-6000 – Banner Olive Branch Senior Center