

Free In-Person Event to Build Resiliency and Hope!

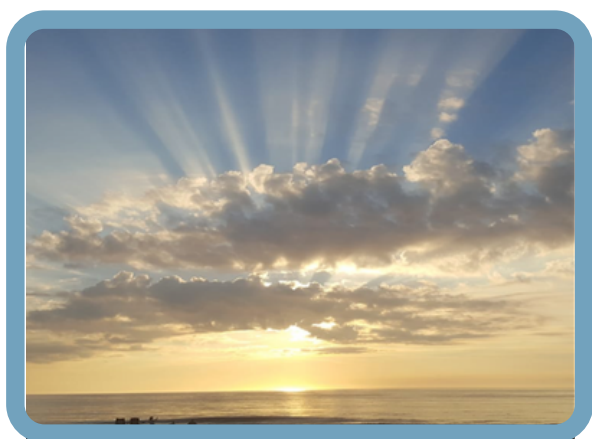
Please register by emailing: [wgpwarriors2021@gmail.com](mailto:wgpwarriors2021@gmail.com) or call 410-870-5161

# *Healing Connections, within and between each other, through the Arts*

Presented by Marilyn B. Spenadel, LCPC, ACS  
for the Warriors of Addiction

Tuesday July 6th from 5:30pm-7:30pm

check-in 5:15pm at Atlantic Club, 11827 Ocean Gateway, Ocean City



Join Maryland licensed clinical counselor, Marilyn B. Spenadel, for this 2 hour **Holistic Self-Care Workshop** as she teaches attendees to gain insight into finding mind/body connections to stress, wellness, and spiritual strength. While we can't change difficult situations of the past, we can work on shifting our perception to be more hopeful and appreciative of our moments. As you practice healing mindfulness and compassionate techniques, you can tap into feeling more present and empowered. After a mindful universal light inspired meditation, you will create your Mandala (healing circle) to connect to the uplifting resource and energy.

These mandala art pieces will be collected to create the traveling **"Wall of Compassion,"**© community healing interactive art display.

Funding for this event is in part provided by Worcester County Arts Council, Maryland State Arts Council and National Endowment of the Arts, organizations dedicated to cultivating a vibrant cultural community where the arts thrive.

FREE ADMISSION TO GALLERIES

502 94th St. bayside - 410-524-9433

Open Mon-Fri 9-4 Sat-Sun 11-4

[www.ArtLeagueofOceanCity.org](http://www.ArtLeagueofOceanCity.org)

