

# Stress Reduction



## Mandalas Workshop



A Free In-Person Workshop Presented by  
**Cancer Support Community Atlanta**

Embark on a transformative journey of self-expression and healing in our Mixed Media Mandala Workshop. Discover the profound symbolism of the circle as a universal representation of wholeness and unity, utilized across cultures and time for its potent impact on the body, mind, and spirit. During our time together, we will engage in a series of exercises designed to deepen your connection to the mandala-making process, tapping into your intuition and inner wisdom. Using various mixed media materials, you will create your own unique mandala artwork, no prior art experience required. Bring your beautiful self and a curious mindset! A light dinner will be provided.



*Led by:* Dana Kuehn, M.S., LPC

**Tuesday, May 21**

**Check-in from 5:45–6:00 p.m.**

**Program from 6:00–7:30 p.m.**

**In-person only**

We validate parking, so bring your ticket in with you.  
Our suite is located below the main lobby in Building 2.  
Register in advance for this program on our website at:

[www.cscatlanta.org/calendar](http://www.cscatlanta.org/calendar)



Registration

*This program is made possible through a grant from It's the Journey, Inc. — Georgia 2-Day Walk for Breast Cancer.*



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