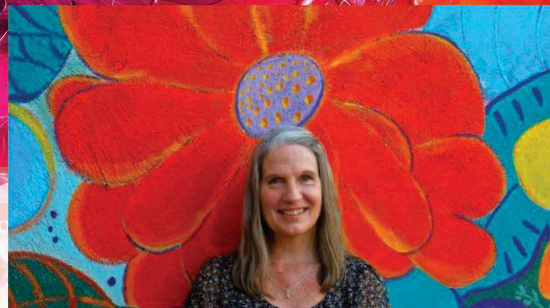


**Mondays**  
**April 7, 14, 22, 28**  
**6-9 pm**  
**WNMU Campus**



Instructor Katherine (Kit) West has taught poetry workshops in the Colorado community college system as well as in museums. As a printmaker she has appeared in numerous exhibits in the Southwest.



# Creative Expression 101

**A workshop for military audiences and their families.**

**Sponsored by NM Arts.**



**Creative Expression has been shown to decrease stress hormone levels and open new neural pathways. It can provide opportunities for increased self-confidence and self-realization. We will begin with collage, continue with coloring, drawing, and writing — exploring a new, stress-free way of being and learning. No experience necessary.**

**Families and individuals are welcome. Minimum of 14 years old to participate. Online registration required.**



**WESTERN**  
NEW MEXICO UNIVERSITY

**Cultural Affairs**  
575.538.6469

[Culture.wnmu.edu](http://Culture.wnmu.edu)

