

Adults 18+



Flower Bar



Come join us for a mindfulness exercise with flowers. Engage with nature and celebrate personal moods and changing seasons. Create a flower bar with paint, while artfully arranging a botanical design. A great gift for your self-care, mindfulness, and resiliency. All skill levels welcome All materials will be provided. Registration is required.

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Saturday, 5/6, 10:30 - 11:30 a.m.

**Windsor Woods Area Library,
(757) 385-0150**

Customers may request a reasonable accommodation for programs. Requests must be made directly to the branch manager at the time of program registration, but no later than 48 hours before a scheduled event.

