

Lower stress, improve wellness - Paint with Katie on June 19

Looking to lower stress, improve wellness, and have fun? Try Painting with Katie! This unique class will be offered on June 19, in David Kinley Hall, from 5:30 to 7:30pm. No experience is needed. The cost of this class is \$15. To register [click here](#). Continue reading to learn more about what this exciting class is like, and discover how creativity enhances wellbeing.

How the class works: Experienced painters and people who have never painted before will be comfortable in this class. CWS staff member, Katie King, an experienced teacher, will introduce how to use acrylic paint. She will offer participants a painting pattern and give ideas on how to personalize the pattern. She will also be available to answer questions and offer guidance, as needed. At the end of the session, participants can take their creation home!

Tapping into your creativity has been shown to lower stress and improve wellness. Studies show that engaging in creative activities improves health in these ways:

- Reduces cortisol - the stress hormone - levels
- Enhances problem-solving skills
- Boosts self-esteem and provides a sense of accomplishment
- Increases brain functioning
- Eases the burden of chronic health conditions
- So many more!

In order to attend the program, you must pay the \$15 registration (cash or check) ahead of time. You can come by Campus Wellbeing Services personally and drop off your registration fee, or you can mail a check to:

**807 South Wright St.
Suite 480, MC-310
Champaign, IL 61820**

Class size is limited. To sign up, [click here](#), and choose the Paint with Katie program option.

For more information, contact Campus Wellbeing Services at 265-9355 or wellbeing@illinois.edu.