

New program: Well-Doodle!

Ever doodled in your spare time? Want to learn how to create art from your doodles? Join our new Well-Doodle class, and relax, have fun, and tap into your creative side. You will nurture your inner artist, unleash your imagination, and fulfill your need for self-expression and community! This new wellness offering will meet for four Thursdays from 5:30 pm – 6:30 pm, starting February 7. Continue reading to learn what Well-Doodle is all about!

What will I do when I Well-Doodle?

You will start by drawing doodles – simple shapes or patterns. Then you will learn how to repeat, layer and alter them in ways that create something beautiful.

Do I have to be a skilled artist to take this class?

You do not have to be an artist to take this class!! Well-Doodling is for everyone, from people with no art experience, to skilled artists. The goal is not to accomplish or create a masterpiece, but to enjoy the process, be mindful, and create together.

Besides being a fun art class, how does Well-Doodling impact my wellness?

You can cultivate a sense of wellbeing through art. Doodling can be a meditative method of drawing. Think of it as mindfulness through art. The repetitive nature of your drawing becomes your mental focus. This allows you to fall into a relaxed, focused state of mind. Well-Doodle class can be a time to forget your daily worries and ‘to-do’ lists ... you are just there to doodle! Come join us in this ceremonious process of applying pen to paper.

When and Where:

- Days: Four Thursdays, starting February 7
- Time: 5:30 pm – 6:30 pm
- Place: Bevier Hall, Room 108
- Cost: \$20 (for materials)

(more)

Who is leading this class?

We are pleased to have Patty Pyrz leading this class. Patty is an academic advisor/instructor in Recreation, Sport and Tourism. She is passionate about art and enjoys practicing the art of Zentangle as an expression of creativity as well as mindfulness. She has a B.A in Liberal Arts and an M.A in Exercise Physiology and has taught art at St. John's Lutheran school, summer camps, staff retreats, and other community events. When she's not doodling, painting with watercolors or drawing, you can find Patty riding her bike, swimming or spending time with her family.

I'm sold! How do I sign up?

Registration is easy. Simply go to

<https://go.illinois.edu/CampusWellbeingServicesPrograms>

This is a small class, and registration is limited. So sign up soon!