



IAH  
241

ONLY 100 SLOTS AVAILABLE!

# CREATIVE ARTS ACTIVITIES

**We invite you to participate in several new original creative arts mental health exercises to promote healthy self-talk and self-care.**

These exercises will be facilitated by MSU students in the IAH 241 Creative Process course. Co-sponsored by the Director of Student Wellness for the College of Arts & Letters.

## **FOR MORE INFO CONTACT**

Professor Robert Roznowski  
roznows5@msu.edu

Join us for one of these days for a fun, free, and relaxing time to get your mind focused on the arts.

**Friday, April 9th  
OR  
Friday, April 16th  
From 1:00PM-3:00PM**

**SIGN UP HERE AT:**

[HTTPS://WWW.SIGNUPGENIUS.COM/GO/30E094DA9AA29A13-CREATIVE](https://www.signupgenius.com/go/30E094DA9AA29A13-CREATIVE)