

Expressive Art



- Play
- Relax
- Energize
- Release Stress
- Explore & Discover
- *No experience needed!*

Experience the power of painting—a vibrant tool for self-expression. Laura Elliott, artist and holistic therapist, will guide you in using paint as a way to release stress, express feelings, and inspire health & well-being. It is a relaxing and playful process, free of expectation. The vibrancy of color and bodily movement of brush in hand encourage you to let go with the flow. No art experience is necessary. Please wear relaxed clothing and a protective shirt or smock, if desired.

— **April 25, 2026** —
Saturday, 10 am - 12 pm

First Presbyterian Church
120 Church St, Burnsville, NC



Space is limited.

***Please register with Rev. Joe Bennett at:
benthinken@live.com***

Laura Elliott is an artist, holistic therapist and facilitator of wellness workshops. Her passion is to inspire the freedom of heart and health of body, mind & spirit. As a holistic therapist, Laura offers Healing Touch energy therapy. As a facilitator, she offers classes in expressive art, sound, meditation, and qigong/tai chi. She has worked with a variety of groups and organizations such as hospice, senior centers, correctional centers, women's shelters, hospitals, colleges, and retreat centers. www.lauraelliott.com