



# *Coping & Healing Through the Arts*

**Learn to cope with stress through creative outlets such as:  
gardening, scrapbooking, decorating, and more.**

**2nd Wednesday of each month**

**9:00-10:00 AM**

**Building 7260**

**For all active duty, spouses, and retirees**

**For more information call (229) 639-8896**