

let go

DANCE AND ARTS THERAPY FOR
STRESS REDUCTION AND
WELLBEING

TIME FOR YOURSELF

organized by Ayana Spivak, MA
Dance and Expressive Arts Therapist

CANADIAN ACADEMY OF
THERAPEUTIC ARTS
120 NEWKIRK ROAD,
UNIT 12
RICHMOND HILL, ON

MARCH 9, 2017
10 - 11.30 AM

416-9395001
AYANADMT@GMAIL.COM
\$15