



Looking for a way to focus on your mental health in 2025?
Mental Health America of South Central Kansas will be hosting
A Beading Extravaganza



Explore how beading can provide a mindful escape from the stressors of daily life, creating a true sense of calm, focus, and well-being. Discover how beading allows for personal expression, creativity and an emotional release. Join us for a brief pause from the chaos of the world.

Date: January 29, 2025

Time: 6-7:30 pm

Location: WSU Community Engagement Center
238 N. Mead

RSVP: Before January 27, 2025 @
Hillary.zwetzig@mhasck.org

This event is open to the public
ALL are welcome
Beading materials will be supplied
Snacks and drinks will be provided

Bring your friends, your family, your community to take part in this unique opportunity!