



HEALING THROUGH ART DOT

RELAX. UNWIND. RECONNECT

Feeling overwhelmed? Join us for a calming session of art dot by the letter. Combine mindfulness, creativity, and nature-inspired imagery by filling letters with dots to create a botanical - themed artwork.



FEBRUARY 11, 2026



10:00AM - 11:00AM



MLK Jr. Center for Public Health
11833 S. Wilmington Ave.
Los Angeles CA 90059



COUNTY OF LOS ANGELES
Public Health