

Promoting the wellness,  
recovery, and resilience of  
adults experiencing disabilities.



**Megan Zaback LMT, CYT (MA#60343820)**

Licensed in massage and certified yoga instructor, with an extensive background in leading meditations, expressive movement, sound, and energy healing.

## Intuitive Painting Experience

Give your inner creative artist permission to play! Come join us for a playful artmaking experience with fun enthusiast, Megan Zaback. Explore spontaneous self-expression in an inclusive, nonjudgmental environment. All materials provided Free of Charge!

No art experience necessary. Wear your painting clothes. \*Masks Required\*



First and third Thursday each  
month 1:00 – 3:00pm

For more information, email [megan@tacid.org](mailto:megan@tacid.org)

