



UNIVERSITY OF SAINT JOSEPH

CONNECTICUT

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University of Saint Joseph presents “Imagine Zentangle” Art Show on April 20, 2013

WEST HARTFORD, CONN. – The University of Saint Joseph (USJ) will sponsor its first art show featuring works completed exclusively in the Zentangle® method. **“Imagine Zentangle” will be held on Saturday, April 20, 2013 from 2:00 - 5:00 p.m. in The Bruyette Athenaeum’s Second Floor Reception Room located on USJ’s West Hartford campus at 1678 Asylum Avenue.** For complete event details or to submit artwork for display at this exhibit, view www.usj.edu/zentangle. If you have questions or would like additional information, contact Meredith Yuhas, Ph.D., director of Counseling, at 860.231.5366 or myuhas@usj.edu.

A relaxing art form filled with unique, intricate patterns and design, Zentangle increases focus and creativity, while providing artistic satisfaction along with an elevated sense of personal well-being. Highlights of this event:

- Meet the founders of Zentangle, Maria Thomas and Rick Roberts, authors of *The Book of Zentangle* (Zentangle Inc., 2012), who will share their artwork, inspiration and expertise. Also, attendees will have an opportunity to purchase the book and have it autographed by the authors.
- Watch live demonstrations of this meditative art form by Certified Zentangle Teachers (CZT) from the surrounding community.
- Meet USJ’s own Dr. Meredith Yuhas, contributor to the *Joy of Zentangle: Drawing Your Way to Increased Creativity, Focus and Well-Being* (Design Originals, Nov. 2012). Yuhas along with USJ Student Allyson Cooper ’13, CZT were the first to conduct research on this form of mindfulness.

In addition, a wide selection of Zentangle products will be available for sale; refreshments will be served. Join us!

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The University of Saint Joseph (USJ) offers a wide range of graduate, undergraduate, and certificate programs that combine a professional and liberal arts education with a focus on service. Coeducational graduate master's and doctoral degree programs are taught on the University's two campuses in West Hartford and Hartford, Connecticut; at off-campus locations throughout the state; and online. Undergraduate programs for women and for coeducational adult students take place on our beautiful suburban campus and include more than 22 majors and six pre-professional programs, each of which provides personal attention in a caring environment. Founded in 1932 by the Sisters of Mercy, the University of Saint Joseph welcomes students from diverse backgrounds and religious traditions. To learn more, view our website at www.usj.edu.

OFFICE OF MARKETING AND COMMUNICATIONS

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