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September 6, 2016  
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## Zentangle for Kids and Teens Offered at St. Joseph Hospital

Nashua, NH – Zentangle is a method of creating beautiful images using repetitive patterns and can be a fun escape from a busy technology-oriented world. Kids of all ages love Zentangle! There is a lot of freedom in the no mistakes part of this class. Kids can enhance their creativity, relax, gain focus, reduce anxiety all while having fun!

Zentangle for Kids and Teens will be held on Saturday, September 17, from 10:30 a.m. to 12:30 p.m. The class fee is \$15.00 which includes supplies. Space is limited so pre-registration is required. To learn more or register, please contact Community Health Education at St. Joseph Hospital at (603) 595.3168, or visit us online at [www.stjosephhospital.com/classes](http://www.stjosephhospital.com/classes).

### About St. Joseph Hospital

St. Joseph Hospital, a member of Covenant Health, is a regional, full-service healthcare system dedicated to providing innovative, high quality healthcare. The main campus, St. Joseph Hospital, is a 208-bed facility combining the latest technologies and personalized medicine with conveniences such as around-the-clock emergency services, comprehensive, specialized treatment and preventive services at the Cardiovascular & Diabetes Center, Breast Care Center, and Cancer Center, DNV GL-accredited stroke program at our hospital and Rehabilitation Center, and labor and delivery services at the Childbirth Center. We offer an extensive physician network of specialists and primary care providers. Affiliates include St. Joseph School of Nursing.

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