

# MINDFUL ORIGAMI



Led by Dr. Rachael E Pelletti, LPC, NCC, CRC, ACS  
Assistant Professor of Counselor Education & Family Therapy

*Experience the Mindful Art of Origami and Learn How This Rhythmic Practice  
Can Support Health and Wellness*



**Wednesday, April 8, 2026**  
**3 - 4 PM**



**Central Community Health Education Clinic**  
*180 Paul Manafort Dr. New Britain, CT*

**Snacks will be provided and all attendees will be entered into a raffle!**



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