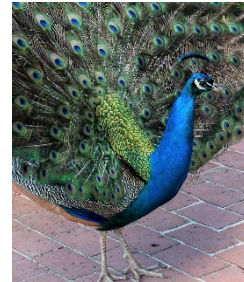


# Photography for Wellness

Every Monday 11:00 am – 12:00 pm  
Heart & Soul Community Drop-In Center  
Instructor Jerry Hill



Learn how to use your camera for self-expression and wellness. Instructor Jerry Hill will teach you how to enhance your photography, whether you use your cell phone or digital camera. **Topics we'll be exploring:**

- Maximize the versatility of your mobile phone's camera
- Learn how to customize your camera's manual settings
- Grow your photography skills for landscape and nature photography, portraits, action shots, and more
- Digital photo editing
- Experience the many ways photography can bring you joy, self-expression, and a new way of seeing the world

 Caminar In Partnership with Caminar's Supported Education Program



*Mental Health Peer Support for San Mateo County*

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[www.heartandsoulinc.org](http://www.heartandsoulinc.org)

Need support? Send us an email at [INeedSupport@heartandsoulinc.org](mailto:INeedSupport@heartandsoulinc.org)