

# Photography for Wellness

Every Wednesday 10:00 – 11:00 am  
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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Need to Talk? Call our Peer Warm Line 650-231-2024  
for instant access to peer support counselors and mentors  
[www.heartandsoulinc.org](http://www.heartandsoulinc.org)