

THE

Art OF Journaling

WITH WATERCOLOR

Explore Nature Through Art



SATURDAY, JULY 18

10:00 AM - 1:00 PM



Sponsored by

Friends of Interstate & Straight Lake State Parks



PROGRAM COORDINATOR

Sandy Anderson

Friends of Interstate Park



TEACHING ARTIST

Lauren Hefty

(See Bio)



CLASS SIZE:

Limited to 12 participants. Register early by emailing: sanand56.sa@gmail.com



AGE REQUIREMENT:

Participants must be at least 8 years old. A parent or guardian must accompany children.



SUPPLIES PROVIDED:

- Watercolor paint palette
- Watercolor journal/pad
- Two brushes
- Brush washing jar

(Feel free to bring your own favorite watercolor supplies.)

Join us for a relaxing and creative watercolor journaling experience at Interstate Park! Learn techniques for capturing the beauty of nature through watercolor painting and nature journaling while enjoying the scenic surroundings of Wisconsin Interstate Park.

WHAT TO BRING:



Folding chair or blanket for outdoor instruction



Water bottle



Snack or lunch (optional)



Bug spray



Weather-appropriate clothing



RAIN OR SHINE

This program will be held regardless of weather. In the event of rain, all instruction will take place indoors.



ABOUT THE ARTIST

Lauren Hefty

Lauren Hefty is a self-taught mixed media artist whose work focuses on natural landscapes, birds, and surrealism. Inspired by the beauty of northern Minnesota and Wisconsin, her artwork often explores themes of conservation and nostalgia.

Lauren's work is currently exhibited at Glädje Gallery in Lindstrom, MN, and One10 Gallery in Frederic, WI. She is an arts educator, workshop instructor, member of the St. Paul Artist Collective, and was selected as an Artist in Residence for the inaugural Sax-Zim Bog Residency Program in 2025.



A Wisconsin State Park vehicle admission sticker is required unless otherwise stated.



FRIENDS OF
INTERSTATE & STRAIGHT LAKE STATE PARKS



QUESTIONS?

Email Sandy Anderson sanand56.sa@gmail.com

Create • Observe • Explore • Connect with Nature Through Art