



COLORADO SPRINGS

Fine Arts Center

at COLORADO COLLEGE

Wellness: Living in a World of Wonders

Instructor Name: Kenny Idleman

Instructor Email: kidleman2024@coloradocollege.edu

Supplies:

The following supplies are just suggested favorite products of mine, but I suggest just hitting your local bookstore and picking a nice journal and pen! You simply need your preferred method of writing. I realize that might look different to everybody, and accept any writing medium, so long as it does not interfere with other students' learning!

Notebook	\$12
Pen	\$2

estimated cost \$14

Please email the instructor with any questions regarding supplies.

In case you are unable to attend class, consider purchasing supplies that are returnable.