

CREATE TO HEAL

Third Saturday of each month



Create to Heal

FACILITATED BY PATRICIA VARGA

Please join us for a creativity class that uses all forms of art including creative writing and journaling, music, the color and motion of art, meditation and guided imagery to explore your journey with cancer. Benefits include stress reduction and a safe place to share and learn from others faced with similar challenges. Classes are free and are for anyone touched by cancer. All family members and caregivers are welcome.

*Third Saturday of
each month 10 am -
11:30 am*

WE CURRENTLY MEET IN
THE ZOOM ROOM.

PLEASE CONTACT CANCER
SUPPORT NOW FOR MORE
INFORMATION AND TO
JOIN.

MS. ELEANOR SCHICK

(505) 255 - 0405