

# Create to Heal



Together, we embrace life, each other and the future as we find connection, empowerment and education in our journey forward.

## Explore your journey with cancer.

This creativity class uses all forms of art, music, creative writing and meditation to relieve stress. This safe space offers you a environment to share and learn from others faced with similar challenges. All classes are free and are open to anyone that has been touched by cancer including family members and caregivers.

All materials will be provided.

**FACILITATOR:** Patricia Varga, Founder of Create to Heal  
<https://womenwwings.org>

**DATE:** Every second and fourth Saturday of the month

**TIME:** 10:00 a.m. – 11:30 a.m.  
*Snacks provided*

**LOCATION:** Lovelace Women's Hospital  
4701 Montgomery Blvd. NE  
Albuquerque, NM 87109

**REGISTRATION:** Call 255.0405



**Lovelace**  
Cancer Center