

# Creating for the Heart

*Expressive Arts for Healing*  
led by Ruth Hamilton, MA Ed.



A six week course:  
Tuesdays, April 24- June 5, 7– 9 pm\*  
Health Touch, Durham, NC  
(near the old South Square Area)

Ruth Hamilton, Expressive Arts Counselor, will help you:

- Recognize & transform your stressful emotions
- Use visual arts like watercolor, sculpture, and fiber art to heal pain
- Create musical rhythms & movements for the heart
- Become the storyteller of the your life
- Use improvisational humor and laughter to feel better

Ruth Hamilton, MA Ed. is the founder of Carolina Health & Humor Assoc. and of Arts Can Heal. She counsels clients with expressive arts for healing and for personal growth. Ruth has certificates and course study in expressive arts from Salve Regina University & Rudolph Steiner College. Ruth has also served as an expressive arts therapist for UNC Hospitals. “Creating for the Heart” is especially beneficial for women who are experiencing grief, caregiver or job burnout, career transition, and low vitality. Women who just want to learn more about the expressive arts will also benefit from the course. Fee: \$30 per session. To reserve your place, send a \$60 deposit payable to Arts Can Heal, Health Touch, 3500 Westgate Drive, Suite 540, A-3, Durham, NC 27707.

Location map: [www.ArtsCanHeal.com](http://www.ArtsCanHeal.com). Details:

[Ruth@ArtsCanHeal.com](mailto:Ruth@ArtsCanHeal.com) or 919-544-2370. \*Class will not meet on May 22.