

Nurturing Yourself

Women's Support Group

Saturday, Dec. 16, 10 am – 12:30 pm



Ruth Hamilton, Expressive Arts Counselor, offers this women's support group. Women come together to explore how to nurture themselves and create self healing art.

In this workshop, you will:

- Access your inner expressive artist
- Engage in soothing self massage
- Move to the rhythms of the chakras
- Make a rhythm instrument
- Create bee's wax decorated candles
- Participate in a Gifting Ceremony

Location: Health Touch, near South Square Targets in Durham. To register, send a \$30 check payable to Arts Can Heal, Health Touch, 3500 Westgate Drive, Suite 504 A-3, Durham, NC 27707. For information call Ruth at 544-2370 or go to www.ArtsCanHeal.com for a map.