



Arts for the Heart

With **Ruth Hamilton, MA Ed.**

Sat., February 10, 10 am – 12:30 pm

Location: Health Touch, Durham, NC

In this workshop, you will:

- Explore the art of giving and receiving love and affection.
- Read love poetry and write a rhyming verse.
- Experience the special properties of the color red
- Create a valentine for yourself and for others
- Construct a collage that expresses all the things you love.

Ruth Hamilton of Arts Can Heal is an expressive arts counselor. Her workshops use visual arts, music, movement, and sound to create balance and healing. Artistic talent is not necessary in expressive arts. Emphasis is placed on the processing and the experiencing of various art forms.



To register for this workshop:

- Send a check for \$30. Mailing and workshop address: Health Touch, 3500 Westgate Drive, Suite 504, Durham, NC 27707, Attention: Ruth Hamilton. The check is payable to Arts Can Heal. Register by Feb. 1 and receive “The Humor Resource Guide”.
- Email Ruth@ArtsCanHeal.com or contact Ruth at 919-544-2370. The Health Touch map is available at www.ArtsCanHeal.com.