

# Creative Arts for Life Changes

Saturday, Nov. 4, 10 am – 12:30 pm



Ruth Hamilton, Expressive Arts Counselor, offers this women's support group. Women will come together to share, process, and support each other through transitions.

In this workshop, you will:

- Listen to the heart's language
- Access the body's wisdom
- Activate imagery for emotional healing
- Engage in soothing movement activities
- Create healing jewelry.

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. Register before Oct. 28 and receive

a copy of Ruth's book, Laugh Lines. For information call Ruth at 544-2370 or go to [www.ArtsCanHeal.com](http://www.ArtsCanHeal.com) for more a map.