



Express Yourself with Wearable Art

with Ruth Hamilton, MA Ed.

Monday, May 21, 1:30-3:30 p.m.

Health Touch, Durham, NC

(near South Square)

Start the week off right. Let wearable art empower you and your message! Join Ruth Hamilton, Expressive Arts Counselor, for an afternoon of visual arts, movement, sound, and creative exercises.

In this workshop, you will:

- Design an empowering mandala
- Discover fabric art media & decorations
- Create a t-shirt, banner, or badge
- Bead jewelry with semiprecious stones



Let wearable art empower you! Register today--send your t-shirt size and \$30 payable to: Arts Can Heal, 3500 Westgate Drive, Suite 504 A-1, Durham, NC 27707. All supplies provided. You do not need to be an artist to benefit from expressive arts. Visit www.ArtsCanHeal.com for a map and to learn about Ruth Hamilton's Expressive Art Counseling service. Call 919-544-2370 and learn about the on-going "Creating for the Heart" course.