

SurviveWell Programs: Managing Stress Through Art

Many people who have been diagnosed with cancer experience some level of stress and anxiety. Engaging in artful expression can decrease distress and help patients feel calm and creative. You need not be a “natural” artist to benefit from this program.

Join us as we explore art and relaxation.

Wednesday, December 9th, 2020
Time: 6:00 - 7:30 pm

This event is a **free virtual program** through Microsoft Teams. Be sure you download Microsoft Teams onto your computer or smart phone prior to the class.

Registration is required by December 8th. Supplies will be provided if you aren't able to get the necessary items.

Please call 847.535.7441 to register, get the Microsoft Teams link, and supply list.