

LET YOUR CREATIVITY SOAR!

Learning Origami with Jane



Monday mornings:

January 22, 29 and February 5, 12, 2018

9:00 a.m.

Mission Hope Cancer Center, Conference Room
1325 East Church Street, Santa Maria

Origami, the art of paper folding, emphasizes mindfulness as participants are immersed in an activity that pleasantly engages the senses of touch, sight and hearing while producing an elegant construction. More than just an art project, origami helps develop hand-eye coordination, fine motor skills and mental concentration—all of which strengthens the brain. Materials are simple, yet the activity always brings about wonder and often a smile as a two dimensional piece of paper is transformed into a swan, a crane, a flapping bird, sailboat or the jumping frog. Especially fitting for cancer survivors, many of the origami designs are symbols of hope and new beginning.

Jane Abela, a cancer survivor, taught this art form while substitute teaching in the Orcutt School District. Learning origami in a group setting encourages people to help each other and many find a real sense of accomplishment. You're invited to attend one or all four sessions.

Reservations are required.

Please call Mission Hope to register: 805.219.HOPE (4673).

