

EXERCISE YOUR BRAIN AND YOUR CREATIVITY

# Art Therapy Class

*Virtual meeting*



**Patients, Caregivers and Community Members...**

## Join us for a Tessellation Art Project

In this class you will learn about a simple math concept—a tessellation—(repeated use of a single shape, without gaps or overlapping) that can produce a simple design or a complex work of art. Tessellations have been used since ancient times to create decorative motifs such as the geometric patterns of Mosaic tilings. No artistic or math ability needed to make your own. In a few minutes your mind will begin to see images where once there was only a squiggle on a post-it. Kids and senior citizens can all enjoy this activity. Its simplicity will occupy your mind and hands and let your concerns melt away.

**Annabelle Primrose, facilitator**  
Breast cancer survivor

Annabelle Primrose is a retired, long-time teacher here in Santa Maria. During the darkest time in her breast cancer journey, it was an art therapy class that helped her realize that while her physical abilities had changed, she is still a teacher and a supporter of others.



Annabelle Primrose, Facilitator, via Virtual/Zoom Meeting

**Thursday, February 18, 2021 • 2:00 p.m.**

Please call Ashley Hahn at 805.346.3402 to register and make arrangements to pick up the art materials before the meeting to complete your project at home.

**Make art to help melt your stress away...**

Mission Hope is pleased to offer this exciting class designed to introduce patients and caregivers to the diverse world of art. The class each month features a different medium presented by a skilled artist. Join us to learn imaginative techniques to help boost your creative expression. All supplies are provided.



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