

MAKE ART...MELT STRESS

Explore your creativity

All tools and materials supplied. No previous experience necessary.

Experience the Art of Origami

Led by Jane Abela

A relaxing paper folding craft, Origami immerses one in an activity that pleasantly engages the senses of touch, sight and hearing while producing an elegant construction. Many of the origami designs are symbols of hope and new beginning.

MISSION HOPE CANCER CENTER, SANTA MARIA

Tuesday, November 9 • 10:00 a.m.

1325 East Church Street, Santa Maria



Custom Holiday Card Making

Led by Deborah Robertson

Come experience the latest trend in making personal greeting cards for fun and gifting in this custom card making class! Our instructor will walk you through the ins and outs of card-making to help you create three beautifully crafted cards.

MISSION HOPE CANCER CENTER, SANTA MARIA

Friday, December 3 • 1:00 p.m.

1325 East Church Street, Santa Maria



2-Dimensional Holiday Designs

Led by Annabelle Primrose

In this art session participants will learn how to use paper and color to make simple designs for use in holiday cards, wrapping paper, gift tags, and more. Works as a stress relief activity too! Techniques will include tessellations and circle designs. Try your hand at making easy 2-D holiday designs with us.

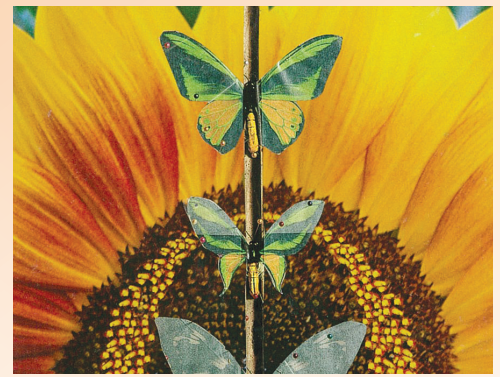
MISSION HOPE CANCER CENTER, ARROYO GRANDE

Wednesday, December 8 • 10:00 a.m.

850 Fair Oaks Avenue, Third Floor, Arroyo Grande



Keep up with all our classes and programs at both locations at our website:
www.missionhopecancercenter.com



SoulCollage® Class

Led by Terrie Miley

An art therapy activity suitable for everyone, SoulCollage® offers a visual way to discover your feelings and inner wisdom.

MISSION HOPE CANCER CENTER,
SANTA MARIA

**Friday, November 12
1:00 p.m.**

1325 East Church Street
Santa Maria

MISSION HOPE CANCER CENTER,
ARROYO GRANDE

**Friday, December 10
1:00 p.m.**

850 Fair Oaks Avenue, Third Floor
Arroyo Grande



■ Seating is limited and reservations are required. Please call Mission Hope Cancer Center to register at 805.219.HOPE (4673)



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