



HANDS-ON CREATIVE WORKSHOP

Permission for Self-Care Class

Led by Barbara Hanneloré

MISSION HOPE CANCER CENTER, SANTA MARIA

Friday, January 21, 2022 • 1:00 p.m.

1325 East Church Street, Santa Maria

**Seating is limited and a reservation is required;
please call 805.219.HOPE (4673)**

Our theme in January will be Permission for Self-Care: a review of all the things you do. You'll review all the different aspects of your life and note all the things you do, both at home and at work. In a day and in a week. Surely, it is a lot! You'll be able to review it objectively and give yourself some appreciation for all your efforts.

We'll have some relaxing breath and movement to begin, and time for drawing and sharing. Please join us and step away from your usual routine for a refreshing pause and a different perspective. This type of focus helps us access intuition and healthy hormones, while reducing stress. Patients, caregivers and community members are encouraged to attend.

No drawing experience necessary; any lines, colors, symbols or shapes that emerge will be a genuine expression in that moment. All needed materials will be provided.



1325 East Church Street, Santa Maria, California | 805.219.HOPE (4673)



Barbara Hanneloré
Facilitator

■ An author, speaker and mentor, Barbara Hanneloré has been in the holistic health field for over 30 years, with training in Wellness Coaching and Expressive Arts. She loves observing the seasons and the moon, finding wisdom for our lives in the rhythms of nature. Join her at Mission Hope for this calming and creative hour.



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