MAKE ART...MELT STRESS

Explore your creativity

All tools and materials supplied. No previous experience necessary.

Tie Dye Heart Apron

Led by Linda Denton

Come try out your tie dye skills while making a keepsake apron for yourself or as a gift. Wear clothing you don't mind getting messy as you join others on a fun artistic adventure.

SANTA MARIA
Thursday, January 12 • 9:00 a.m.
1325 East Church Street, Santa Maria

ARROYO GRANDE
Friday, January 13 • 1:00 p.m.
850 Fair Oaks Avenue, Third Floor

Getting Creative with Color

Led by Terrie Miley

Word of the Year Rock Painting

Choose a word that lights you up inside and speaks to your heart. We will create rock art to remind you of your sacred intention throughout the coming year.

SANTA MARIA
Friday, January 13 • 10:00 a.m.
1325 East Church Street, Santa Maria

Valentine Creative Coloring

Meditative coloring is a engaging practice that encourages mindfulness and relaxation while enjoying a childhood favorite activity.

SANTA MARIA
Friday, February 10 • 10:00 a.m.
1325 East Church Street, Santa Maria

■ Seating is limited and reservations are required for all classes. Please call Mission Hope to register at 805.219.HOPE (4673) or 805.474.5334

Valentine Truck Acrylic Painting

Led by Linda Denton

The project for this class is painting with acrylic as we create this charming artwork. Our instructor will walk you through the steps. No painting experience required.

SANTA MARIA
Thursday, February 2 • 10:00 a.m.
1325 East Church Street, Santa Maria

ARROYO GRANDE
Friday, February 3 • 1:00 p.m.
850 Fair Oaks Avenue, Third Floor

Experience the Art of Origami

Led by Jane Abela

This relaxing practice is an activity that pleasantly engages the senses of touch, sight and hearing while producing an elegant construction.

SANTA MARIA ONLY
Tuesdays • 10:00 a.m.
January 10 & February 14
1325 East Church Street, Santa Maria

MISSION HOPE CANCER CENTER | Dignity Health™

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

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