

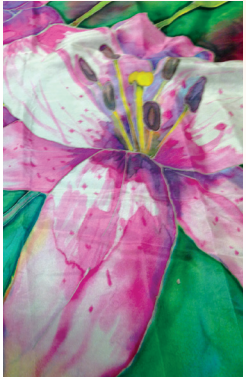
MAKE ART...MELT STRESS

# Explore your creativity

All tools and materials supplied. No previous experience necessary.

## Silk Scarf Painting

Led by Linda Denton



Choose to create either a 30' x 30' square scarf or an 11' x 60' rectangular scarf. Using water to move the dyes, the results produce a soft line and blended colors similar to water coloring.

SANTA MARIA

**Wednesday, January 3**

**9:00 a.m. to 12:00 noon**

1325 East Church Street, Santa Maria

ARROYO GRANDE

**Tuesday, January 2**

**1:00 to 4:00 p.m.**

850 Fair Oaks Avenue, Third Floor

## The Art of Origami

Led by Jane Abela

A cancer survivor herself, Jane leads the group in the creative and relaxing pastime of origami. This practice immerses one in an activity that pleasantly engages the senses of touch, sight and hearing while producing an elegant construction.



SANTA MARIA ONLY

**Tuesdays: January 9 and February 13 • 10:00 a.m.**

1325 East Church Street, Santa Maria

**FREE  
HANDS ON WORKSHOPS  
OPEN TO EVERYONE**



## Vision Board Workshop

Led by Terrie Miley

Inform your intention for the coming year by choosing a significant word and surrounding it with images that support the desires of your heart.

SANTA MARIA ONLY

**Friday, January 5**

**1:30 to 3:30 p.m.**

1325 East Church Street, Santa Maria



## Jewelry Making Class

Led by Terrie Miley

Participants will receive guidance from Terrie to hand make two pairs of earrings. You'll have one to wear out and another to take home or gift.

SANTA MARIA ONLY

**Fridays: February 2, 16**

**1:30 to 3:30 p.m.**

1325 East Church Street, Santa Maria

■ Reservations are required for all classes and seating is limited.  
To register please call Mission Hope:  
**805.219.HOPE (4673)**



## Neurographic Art with Cheryl Kelly

SANTA MARIA ONLY

1325 East Church Street, Santa Maria

**Wednesday, January 17 • 9:00 a.m.**

*Geometric abstract art*

Experiment with shapes, colors, and patterns in a fun way by taping off a geometric abstract layout with masking tape. Using watercolors or markers, fill it in with your own Zen doodle designs.



**Wednesday, February 21 • 9:00 a.m.**

*Neurographic drawing and Zen doodling*

Learn how to draw a Zen doodle heart and a neurographic rose and add colors and details to make them your own.



Like us on Facebook:  
Mission Hope Cancer Center

Keep up with all our classes and programs at both locations at our website: [www.missionhopecancercenter.com](http://www.missionhopecancercenter.com)