



# Education | Workshops

# The Art of Healing

at Gilda's Club Twin Cities

## DATE:

Wednesday, February 1

## TIME:

6:00-8:00pm

## WITH:

Ali DeCamillis, GCTC Program  
Director and art therapist

## COST: FREE!

## RSVP:

Program

@GildasClubTwinCities.org

or 612.227.2147

## LOCATION:

GCTC Clubhouse

10560 Wayzata Boulevard

Minnetonka, MN 55305

*(From 394 go North on Hopkins  
Crossroads; then right on North  
Frontage road—Wayzata Blvd)*

*A place where no one faces cancer alone.*

*All programs and services are  
offered at no cost.*



**A**rt and creativity can play a valuable role in self-expression and personal understanding and help find meaning during confusing times as well as enhance overall quality of life. Art helps us document and process experiences. For some, it can be a form of legacy. For others, it is a tangible reminder that we are alive. Art is healing both in the creating and the experiencing. In this session attendees will:

- Be inspired by members who will share their stories of healing through writing, photography, dance/movement, and visual arts
- Learn about local and national initiatives that bring the arts into healthcare settings
- Understand the research and proven health benefits that creativity can have for patients and caregivers
- Receive tips on how to simply invite creativity into your life

This session has valuable information for people living with cancer, family members, friends and caregivers. All are welcome to come and be inspired.

### **Panelists include:**

- *Jayson King, Art of Healing Program Manager at Penny George Institute for Health and Healing at Allina Health*
- *Michael Bischoff, writer & living with glioblastoma*
- *Jenny Larson, photographer and caregiver*
- *Emily Jarrett-Hughes, dancer and cancer survivor*
- *Janet Hovde, fabric artist and cancer survivor*

Gilda's Club Twin Cities

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