


The Arts In Medicine Studio Schedule - October 2020

Monday	Tuesday	Wednesday	Thursday
 ARTS <small>IN</small> MEDICINE			1 Origami Hearts (1-3)
5 Inspiration Bracelets (10-12)	6 Art Cards (11-1)	7 Journals (10:30-12:30)	8 Painted Rocks (1-3)
12 Art Cards (10-12)	13 Inspiration Bracelets (1-3)	14 Origami Hearts (10:30-12:30)	15 Journals (1-3)
19 Painted Rocks (10-12)	20 Origami Hearts (11-1)	21 Art Cards (10:30-12:30)	22 Inspiration Bracelets (1-3)
26 Origami Hearts (10-12)	27 Painted Rocks (1-3)	28 Inspiration Bracelets (10:30-12:30)	29 Art Cards (1-3)

Studio Activities

Art Cards - Experiment with different art products.

Journals - Help put together creative journals.

Inspiration Bracelets - Made with uplifting words.

Origami - Experience the japanese art of paper folding.

Painted Rocks - Decorate a stone and let it inspire you.

Medical studies have shown that creative art activities help reduce pain and decrease stress and anxiety levels.

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BE the reason
SOMEONE
SMILES
TODAY.