



# HeART & Heal

A Healing Arts program for cancer patients and survivors to express themselves in a creative and therapeutic way

November | December 2018



Marbling on Silk  
**\$10**



Painted Gourd Ornaments  
**\$10**



Apron and Trivet  
**\$15**



Wood-Turned Ornament  
**\$10**

Register online:

<http://bit.ly/HeartandHeal>

Scholarships available:

Contact Karen Watzka,  
HSHS St. Vincent Hospital Cancer Centers  
(920) 433-8488



# HeART & Heal

A Healing Arts program for cancer patients and survivors to express themselves in a creative and therapeutic way

## November | December 2018

### Marbling on Silk

12:30 to 4 p.m.

Wednesday, Nov. 7

**\$10 per participant**

Try out the fascinating art of marbling. Marbled surfaces are created by suspending paints on a thick solution. We will experiment with colors and paint swirling techniques. You will have the opportunity to create a marbled silk scarf.

### Apron and Trivet

12 to 4 p.m.

Monday, Nov. 12

**\$15 per participant**

Have fun creating this colorful apron and trivet. Select your own colors and applique pattern to design an apron that fits your style. Learn basic sewing and applique techniques as you sew this unique matching set.

### Painted Gourd Ornaments

12:30 to 4 p.m.

Tuesday, Dec. 4

**\$10 per participant**

Start with dried gourds and end with holiday ornaments! Using simple painting techniques and colors of the season, transform two or three ordinary gourds into beautiful handmade keepsakes.

### Wood-Turned Ornament

12 to 4 p.m.

Tuesday, Dec. 11

**\$10 per participant**

Create a unique holiday ornament using basic woodturning techniques. Beginning wood turners will make something simple, yet elegant while more experienced wood turners can tackle exciting new techniques.



**HSHS**  
**St. Vincent Hospital**  
**Cancer Centers**

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All workshops located at:  
**NWTC Artisan Center**  
1417 Cedar Street  
Green Bay, WI 54302  
(920) 544-5018