



# FREE WORKSHOPS IN THE ARTS FOR WOMEN AND MEN WHO HAVE EVER RECEIVED A DIAGNOSIS OF BREAST CANCER



## WORKING WITH NATURAL MATERIALS

Learn exercises and techniques for joining natural materials together in practical and sculptural ways with common hand and power tools. Participants: please bring a few natural materials you've collected to share with others. Artist Dan Mack will have on hand some nuts, pods, shells, driftwood, willow sticks, bones and feathers; you'll also have time to hunt and forage materials locally. No woodworking or crafting experience is necessary.

### Two-week workshop:

**Saturdays, April 5 & 12 @ 10:30 am to 12:30 pm**

**Materials fee:** \$10

**Instructor:** Daniel Mack is a rustic maker, "Omega Institute instructor," and author who creates rustic furniture, architecture, and sculpture.

*Interested participants should call 338-2500 ext. 4453  
or email [dblaha@benedictine.org](mailto:dblaha@benedictine.org) for an easy application.*

## EXTRAORDINARY PLACE: WHERE YOU'VE BEEN, WHERE YOU'RE GOING

Almost everyone has visited, dreamed, or imagined a special place that they consider extraordinary. Discover how to bring your extraordinary place to life using collage, drawing materials, and your imagination.

### Two-week workshop:

**Thursday, June 5 & 12, 6:00 pm - 8:00 pm**

**Materials fee:** \$10

**Instructor:** Michelle Eddison is a visual artist and holds a Masters degree in Art Therapy.

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## AUTHENTIC POETRY

Poet Jerrice Baptiste will gently introduce you to the healing benefits of writing your own Authentic Poetry. Guided imagery, meditation, readings, and group poetry writing and sharing will help access your inner voice and open to greater self-awareness. During each week's exploration of a different theme, meaningful poetry from a variety of writers will serve as inspiration for your own poetry writing and discussions.

### Five-week workshop:

**Thursdays, April 17 & 24, May 1, 8, & 15 @ 6:00-8:00 pm**

**Materials fee:** \$5

**Instructor:** Jerrice Baptiste is poet, founder, and facilitator of Authentic Poetry Healing Circles in the Hudson Valley.

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## BUTTERFLIES: SYMBOL OF RENEWAL & TRANSFORMATION

Through storytelling and artmaking, take a virtual butterfly flight through time and across cultures that touches upon art, myth, poetry, history, literature, and lore. You'll create a personal butterfly talisman--a reminder of the power of butterflies to reach within ourselves for a calm, peaceful place and to inspire the continual process of renewal.

### Five-week workshop:

**Thursdays, June 19 & 26 @ 6:00-8:00 pm**

**Materials fee:** \$10

**Instructor:** Maraleen Manos-Jones, M.A. is an artist, educator, author, and butterfly specialist.

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## THE ARTS IN WELLNESS PROGRAM AT BENEDICTINE HOSPITAL

Sponsored by Miles of Hope Breast Cancer Foundation of Dutchess County & Benedictine Hospital's Oncology Support Program