

Creating Solstice Candles & Wreaths

with Ruth Hamilton, Expressive Arts Counselor

Friday, Dec. 12, 1-3 pm

Health Touch, Westgate Plaza, Durham, NC
(near South Square)



Come to a celebration of the fire and hearth energy that comes with the Yuletide season.

In this workshop, you will:

- Decorate candles with Stockmar bee's wax
- Prepare Winter Solstice evergreens
- Craft an herb bag and enjoy wassail
- Nurture your fire energy with seasonal chants and music

Ruth Hamilton, MA is an expressive arts counselor with training at Salve Regina University, Newport, RI. Her workshops use music, movement, visual arts, and play to help you discover potential and heal wounds. With the holiday season, you need to nurture yourself as you give to others. In this workshop, you create timeless reminders to take care of yourself. Whether you make a bejeweled wreath or decorate a candle, you will learn to care for yourself.

To register, send \$26 payable to Arts Can Heal, 3500 Westgate Dr., Suite 504, Durham, NC 27707. Call Ruth at 919-682-2423 to confirm your registration. Visit www.ArtsCanHeal.com for a map to Health Touch.