

Creative Renewal for Health Professionals and Caregivers through Music, Writing and Art

Art-making de-stresses the body, energizes the spirit, helps develop patience and self-acceptance, quiets the mind, and improves concentration. It also enables us to share our stories in powerful and transformative ways. The connection between artistic activity and wellness is becoming more established as research continues to support the health benefits of the arts.



Medical staff and caregivers often struggle with stories that go untold and emotions that don't get fully expressed. Both professional and personal caregivers can suffer from burnout that goes unaddressed, due to the stress of their daily lives.



In this workshop you will have the opportunity to explore your story as a health professional or caregiver in one of three artistic areas:

- * singing and music
- * writing and literature
- * painting and collage

The workshop will also cover research about the arts-wellness connection and discuss ways that artistic work might translate to your daily work. Come investigate the possibility of an artistic practice for yourself, and discover tools for promoting wellness through the arts with your patients, colleagues, and loved ones. All levels of experience and ability are welcome!



This workshop will be led by PDX Vox Founding Director **Marie Schumacher**, who has taught a cappella singing, vocal technique, songwriting, and creativity workshops for 16 years. Joining her to guide the small groups will be poet, musician, and writing facilitator **Gabe Adoff**, and teaching artist **Marla Munnich**, who is the co-founder of Spark Arts Center.

When: Sunday, Jan. 12th
2:30 - 5:00pm
Where: Central Lutheran Church
Fellowship Room
1820 NE 21st Ave., Portland
Cost: \$35
To Register: Visit pdxvox.com.

