

# HEALING ARTS FOR STRESS REDUCTION

Beading with Pam & Pat Returns **AGAIN!!!!!!!** - **RSVP Limited to 15**

**Thursday, July 22nd • 12:30 PM - 2:30 PM**

You'll want to check out this popular program where participants gather to share, laugh, and create jewelry that speaks to their own creativity arising from the cancer journey-- and it's also just plain fun! All materials are provided to create one beautiful item per participant.



Please RSVP to The Wellness Community at 314-238-2000  
or register online at [www.wellnesscommunitystl.org](http://www.wellnesscommunitystl.org)