



Creative Art Series

**Fridays, May 10 to 31, 2024
10 to 11:30 a.m.**

**DeWolf Innovation Center
9000 C Ave NE, Cedar Rapids**

Do you long to do something creative and artsy just for you? You are not alone. Studies have shown that engaging in art and other creative endeavors, even for 5 to 10 minutes can bring you relaxation, healing and a sense of joy.

Tara Moorman Benson and Linda Peterson, local artists and former caregivers, will share different ways to engage in art, no experience necessary. In the first two weeks, explore the world of watercolor and learn a variety of techniques with Tara. In the second two weeks, join Linda in using small pieces of fusible fabric to create a robin collage to welcome spring. All supplies will be provided.

Registration is required by May 3 by calling the Family Caregivers Center at (319) 221-8866 or emailing fcgc@mercyare.org.

Space will be limited to 20 participants.

