



Queen of the Valley Medical Center presents

Weekly Wellness ART CLASS

Using art to promote healing, wellbeing, therapy and relaxation.

Designed for all Napa County residences who live with a chronic condition like cancer, heart failure or diabetes, Wellness Art Classes at the Queen's Wellness Center reduce stress and anxiety while promoting healing and relaxation.

Join Master Therapy Artist Joe Roter each week as you create art in a non-threatening atmosphere without analysis, judgment or criticism. It's a great way to meet new people, stimulate your mind and soothe your body.

Cost: Donations are accepted but not required


Who Should Attend: Any Napa County resident with chronic disease

WHERE:

Queen of the Valley Medical Center's Wellness Center
2nd Floor
3421 Villa Lane, Napa

WHEN:

Every Friday
10 a.m. to 12 p.m.

Wellness Center
Queen of the Valley
Medical Center 
ST. JOSEPH
HEALTH SYSTEM
A Ministry of the
Sisters of St. Joseph
of Orange

www.thequeen.org

Contact Liz Alessio, Community Benefits Coordinator, at 707.251.2007 for more information.