

Creative Self-care for Caregivers

Thursday, March 5, 6:30 PM

**offered free of charge at the
Tompkins County Office for the Aging
214 W. Martin Luther King Jr./State Street, Ithaca**

**Speaker: Emily Millen, MS, LCAT
Licensed Art Therapist from The Art Therapy Studio**

In this workshop, Ms. Millen will first provide you with information to add to your collection of self-care practices which are most soothing to the nervous system. She will then move from a short mindfulness practice into an image-making experience.



Art-making allows us to move into a state of flow, which is a deeply creative, rejuvenating state. You will be guided into connecting with an instinctive aspect of yourself, allowing for respite from thinking, planning and multitasking. You will leave the workshop with a personal healing image and a process you can then use as needed to access this intuitive, restful place.

Pre-registration is encouraged.

**To register, or for more information,
Call the Office for the Aging, 274-5492,
or email dstoyell@tompkins-co.org.**