

# Stroke Survivor & Caregiver LNL



**Wednesday, December 7**  
**11:30 a.m. - 1 p.m.**

First Baptist Church Coffee Shop  
1201 N Robinson, OKC 73103



# ART Therapy

Please join us as we express our artistic nature through painting with Ashley Quigel from Glitzy Chicks. Art Therapy is a creative method of expression used as a therapeutic technique. It is based on the belief that the creative process involved in artistic self-expression helps people to resolve conflicts and problems, develop interpersonal skills, manage behavior, reduce stress and increase self-awareness.



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**7**

This is a free event for those interested in support benefiting the stroke survivor, the caregiver, and those that know and love these individuals. All attendees receive a complimentary lunch being served at 11:30 a.m. in the First Baptist Church Coffee Shop, painting will follow at noon.

Please RSVP by visiting [www.valir.com/events](http://www.valir.com/events)  
or calling 405.609.3604