**November 6**

**Sand Painting**

Come and learn the beautiful art of sand painting? Originally used for healing purposes, this art will help relax and find beauty in natural materials.

**November 13**

**Rain Sticks & Tile Art**

Rain Sticks were often useful in desert ceremonies where it was believed their use could bring rain. We will be using cardboard to create our own versions of this traditional craft. We will also be creating personal decorated tiles.

**November 20**

**Embroidery**

Come for a fun day of needle felting where you will create your own unique Christmas ornament! No experience necessary.

**November 27**

**Paper Quiling**

Please join us to create these whimsical 3-D images with colorful paper! Super fun and easy!

All materials provided. Patients, caregivers, and staff welcome.

Drop in any time between 10:00 A.M. and noon and 12:30-5:00 P.M. on Tuesdays Multipurpose Room 6th Floor

To register, call 801-587-4585

For class updates and cancellations please join: [www.facebook.com/groups/hciwellnesscenter/](http://www.facebook.com/groups/hciwellnesscenter/)