November 6
Making Hats
Come help decorate hats to be sold to help bring cancer prevention education to the Pacific Islander Community! Each hat will be decorated with a short story of why you decorated it the way you did to honor your cancer journey. The hats will be auctioned donated to the PIK2AR Hats off for Health event on November 10!

November 13
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 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 Quilling
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/