



ARTFUL WELLNESS SERIES

An arts program offering classes that promote mental wellness with funding provided by



UVAHealth

These classes are offered at a discounted rate, or for free via ARTfactory's referral program outlined in this catalog.





ARTFUL WELLNESS SERIES

Studies have shown that the arts can activate pathways in the brain to reduce stress, lower anxiety, and improve mood. When people have a hard time putting feelings into words drawing, painting, sculpting, drumming, dancing, and performing can unlock emotions and create a safe way to channel stress and find relief.

All Artful Wellness classes are offered at a discounted rate. However, through the generosity of funding provided by UVA Health, we are offering classes and workshops for free to those who are referred to us.

Please complete [this form](#) to refer someone who could use some support. A member of the ARTfactory team will be in contact to finalize registration for your referral.





ARTFUL WELLNESS SERIES



UVAHealth



uvahealth.com

At UVA Health, we're committed to the health of our neighbors, offering a full array of services at our award-winning **Prince William and Haymarket Medical Centers** and our primary and specialty care clinics. Some of our services include robotic-assisted surgery, nationally recognized heart and vascular care, and comprehensive women's services pregnancy and birth care with neonatal services, featuring a Level III Neonatal Intensive Care Unit. As part of UVA Health, patients have streamlined access to groundbreaking research and clinical trials, Virginia's first NCI-designated Comprehensive Cancer Center, and the #1 children's hospital in the state, all to keep you and your family healthy and provide you with world-class care. So, the moment you need us, rest assured we're here for you.

 **UVAHealth**



ARTFUL WELLNESS SERIES

DRUMMING FOR FOCUS AND RELAXATION

AGES 10+

Join instructor Carol Hartt for drumming that caters to your wellness and soothes the soul. Meditative drumming is an ancient practice that comes with many health benefits such as:

- Stress reduction
- Relief of chronic pain
- Immune system boost
- Deeper awareness
- Release of emotions, trauma, and negative feelings
- Being part of a whole.

Carol has been drumming for over 40 years and has led many sessions. She guides beginners through the basics of drumming while providing a safe and mindful space for veteran drummers as well. Drums are provided, just bring yourself and an open mind.

Dates

May 11, 2024 - 1-2 PM

September 14, 2024 1-2 PM

October 19, 2024 1-2 PM

November 2, 2024 1-2 PM

at ARTfactory



ART factory

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ARTFUL WELLNESS SERIES

FAMILY THEATRE GAMES
ALL AGES

Join ARTfactory's Education Director Ahryel Tinker for an afternoon of family fun! This family improv workshop is designed to help families come together through interactive activities and games. Families will learn how to work together, create stories, and think on their feet in a creative and collaborative way.

Improv is not only a great way to bond with your family, but it also teaches important skills like communication, problem-solving, and collaboration. This workshop is perfect for families of all ages and backgrounds and will provide a safe and fun environment to explore and grow together.

Dates

July 14, 2024 2-4PM
at the ARTfactory



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ARTFUL WELLNESS SERIES

FAMILY TAP
AGES 6+

Join one of ARTfactory's incredible Pied Piper Theatre choreographers, Megan Marshall for a family tap class. This family tap workshop is the perfect way to introduce your family to the art of tap dancing!

Ms. Marshall will teach basic tap steps and rhythms, as well as more advanced combinations and choreography. Participants will have the opportunity to practice and perform with their family members in a fun and supportive environment. Come join us for a unique and memorable experience!

Dates

August 3, 2024 1-4 PM

at the ARTfactory



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ARTFUL WELLNESS SERIES

INTRO TO YOUR SPEAKING VOICE

AGES 15+

Join Deb Hansen as she provides a safe space to learn how to communicate effectively so you may feel more confident at work or at school. With integrating the fun of theatre games and well-known public speaking techniques, Deb can help you enhance your communication skills.

If you have ever had the fear of raising your hand in class, or bringing your thoughts up in a meeting, Deb can guide you and provide tools that you are able to take with you.

Dates

August 17, 2024 - 1-3 PM

October 27, 2024 2-4 PM

at the ARTfactory



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ARTFUL WELLNESS SERIES

JEWELRY MAKING CLASS AGES 13+

Join Terry Lopez for a jewelry making workshop. Terry Lopez has been making jewelry for decades and is well known in our community for creating one of a kind pieces.

This class gives participants the opportunity to tap into a hyper-focus state reducing anxiety, boosting mood, and promoting a state of calm. Since jewelry making uses repetitive creative movements, dopamine levels increase as participants look forward to the end result.

Dates

September 1, 2024 - 2-4 PM
at the ARTfactory



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ARTFUL WELLNESS SERIES

MEDITATIVE SPIRALS
AGES 13+

Let's get together to focus, relax and create something beautiful. Nurture peace of mind with a method of meditative structured drawing that allows you to explore line, color and creativity with freedom, fun and spontaneity.

Award-winning instructor Cheryl Miehl will guide students through crystal clear follow-along demonstrations of the steps to create original free-form spirals of color and intricacy. Throughout the experience students will learn to use the art form to reduce stress. No drawing experience is needed, just a willingness to try something new.

Dates

December 15, 2024 - 3-5 PM

at the ARTfactory



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ARTFUL WELLNESS SERIES

NEUROGRAPHIC ART

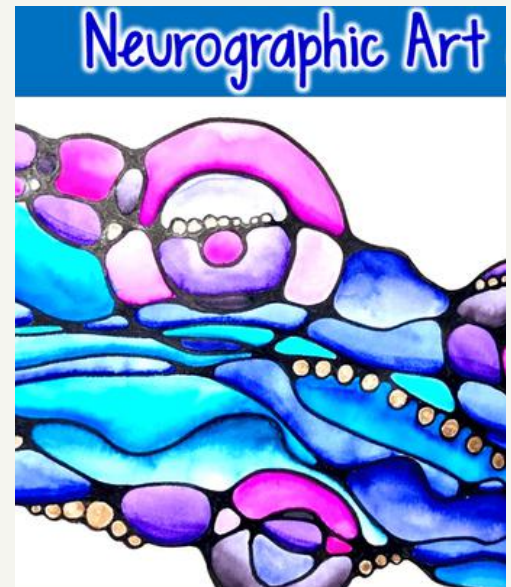
AGES 13+

Join us for a meditative art form that has benefits for almost any age creator. According to [Alexandra Vergara's article for the Vancouver Visual Art Foundation](#): "It's an art form that also engages both our aesthetic and emotional intelligence, as it has been observed to create these changes in people experiencing chronic pain and anxiety, as well as helped people gain clarity and peacefulness."

Learn the process step by step with Cheryl Miehl. Neurographic art combines color, line, composition, and craftsmanship with the science of psychology and brain research. Discover new ways to create beautiful images through this intriguing art form.

Dates

December 15, 2024 11 AM 2:30 PM
at the ARTfactory



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ARTFUL WELLNESS SERIES

RETURN TO INNER PEACE
AGES 15+

Let's get together to focus, relax and create something beautiful. Wellness coach and meditation leader, Angelica Ward with the Sacred Sparrow, will guide participants through calming and peaceful methods of creating and expression.

Methods include:

- Kinetic Sand and Sand Raking
- Doodling and Coloring
- Journaling and Self Reflection
- Guided Meditation

Dates

June 15, 2024 - 1-3:30PM
at the ARTfactory



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ARTFUL WELLNESS SERIES

SWING DANCE
AGES 15+

Dancing improves mood, increases energy levels and releases endorphins which make people feel a sense of joy and optimism. Come join us for an hour of lively Big Band music and rock 'n roll classics!

The ARTfactory's Wind River Theater is the perfect venue for swing dance. Joe Manning will teach an introductory lesson in "Triple Swing"

Discover how easy it is to pick up the basic moves of this incredibly fun dance! Couples and single dancers welcome.

Dates

July 28, 2024 - 2-4 PM

September 22, 2024 2-4 PM

at the ARTfactory



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ARTFUL WELLNESS SERIES

TELLING YOUR STORY THROUGH ART

WITH JOHN HARTT

AGES 13+

Join local artist John Hartt in telling your story through art while learning techniques from the incredible artist himself.

Spend the afternoon learning how to express yourself and tell your own story through this guided art class.



Dates

November 10, 2024 - 2-5 PM

at the ARTfactory

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ARTFUL WELLNESS SERIES

WATERCOLOR LOOSE AND EXPRESSIVE
AGES 15+

Join award winning artist and resident ARTfactory teacher, Mike Flynn for an afternoon of relaxation with watercolor loos and expressive. This workshop is a fun introduction to the fluidity and transparency of watercolor.

Join us in our beautiful Caton Merchant Gallery and enjoy a step-by-step afternoon of watercolor painting.. Mike Flynn will show the way through gentle guidance and clear demonstrations. The subject matter will be suited to beginners, and more experienced painters will learn tips and tricks from Mike in a relaxing atmosphere.

Dates

August 25, 2024 - 2-5:30 PM
December 14, 2024 1-3:30pm
at the ARTfactory



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ARTFUL WELLNESS SERIES

ZENTANGLE

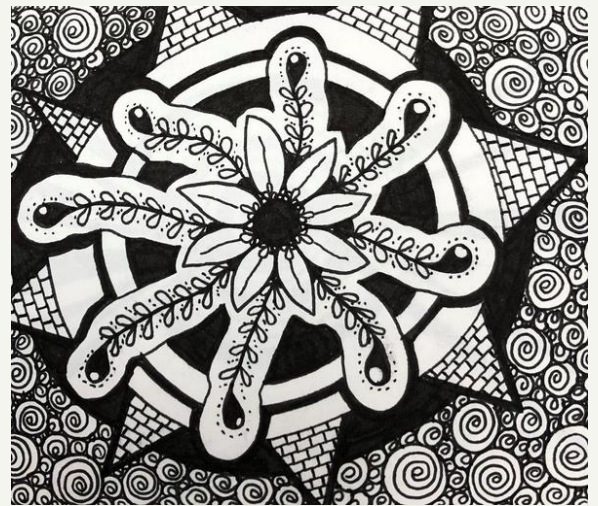
AGES 13+

Instructor Carol Harttl leads this meditative art workshop where students will be guided through learning the art of the Zentangle Method. The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. We call these patterns, tangles. You create tangles with combinations of dots, lines, simple curves, S-curves, and orbs.

By avoiding common blocks to creative flow such as: self-criticism, fear of failure, lack of immediate positive feedback, worrying about outcomes, frustration with lengthy training, lack of inspiration and doubts about what to do next, you can create beautiful art right away.

Dates

November 10, 2024 2-3 PM
at the ARTfactory



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