Breakout #3:

Lindsay Frei, BFA

“Art is Therapy”

- Understand how art can help a patient express and release a range of emotions, especially when facing a difficult health challenge.

- Appreciate a variety of ways that anyone, even those who do not see themselves as artistic, can tap their own creativity and expression through appreciating and creating art.

- Explore the qualities of color in famous artists’ work and how they achieve emotive significance.

- Learn how to use art to have fun and lighten one’s burdens.