

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*