



# A Creative Sanctuary: The Art of Hope and Healing



Moving Beyond Cancer to Wellness - Fred Hutch Cancer Center - June 6, 2026



4-18-26

"Whimsy"

win



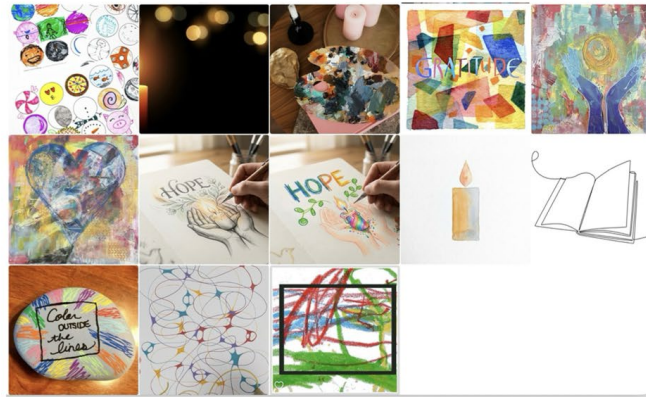
# I give myself PERMISSION to

Celebrate \_\_\_\_\_

Honor \_\_\_\_\_

Feel \_\_\_\_\_

Remember \_\_\_\_\_



I also give myself PERMISSION to **PLAY** and CREATE *my own style* of art!

Signed \_\_\_\_\_  
Date \_\_\_\_\_



**create**  
NEXT STEPS

**DISCOVER. CREATE. INSPIRE.**

**The Gift of Seeing Differently**



(Accreditation pending)



# TODAY

- **Art and Creative Expression**
- Benefits / Science
- How To Begin / Supplies
- Ideas
- PLAY!
- Discussion / Q&A



# What is ART



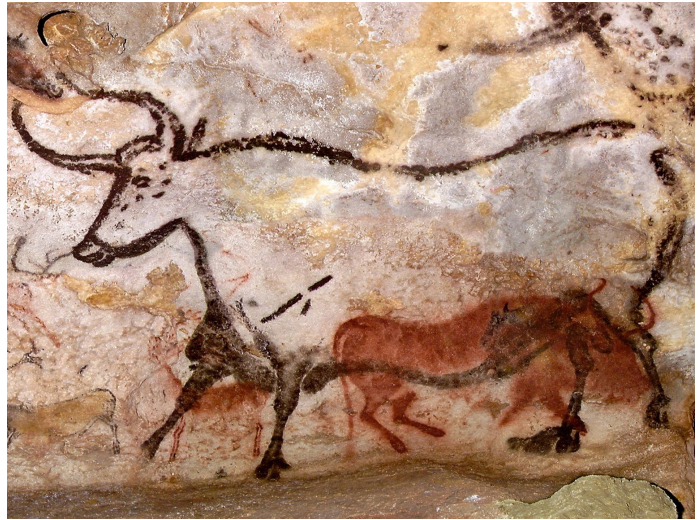


# Art is a conversation.



*"I found I could say things  
with color and shapes  
that I couldn't say any other way –  
things I had no words for."*

*-Georgia O'Keeffe*





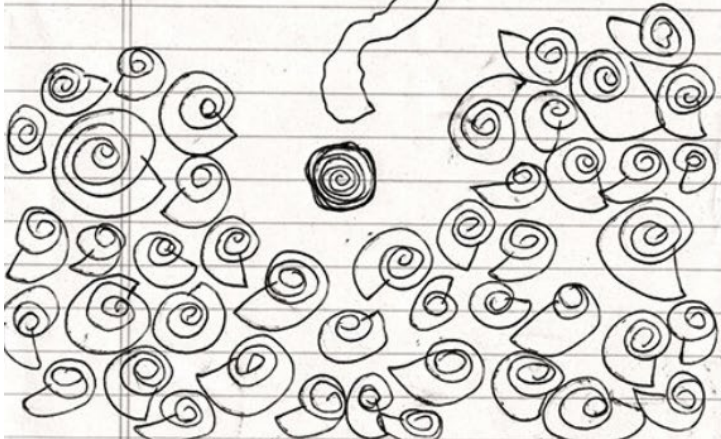




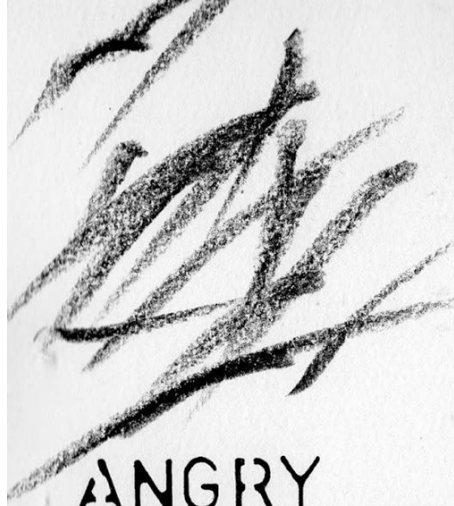




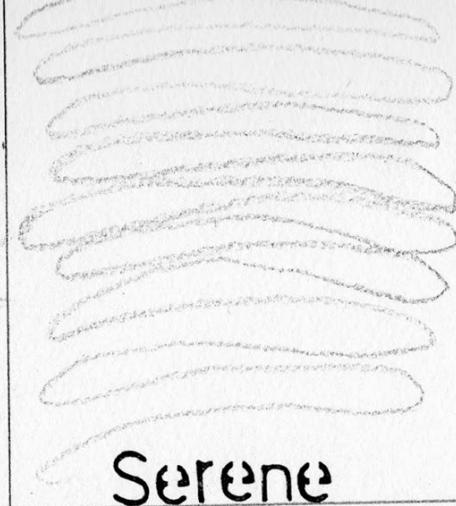
How are  
you doing







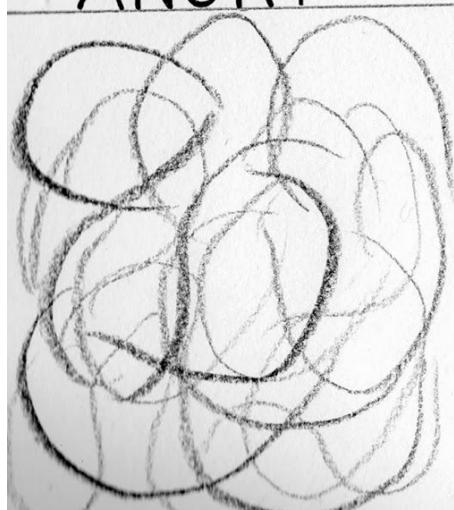
ANGRY



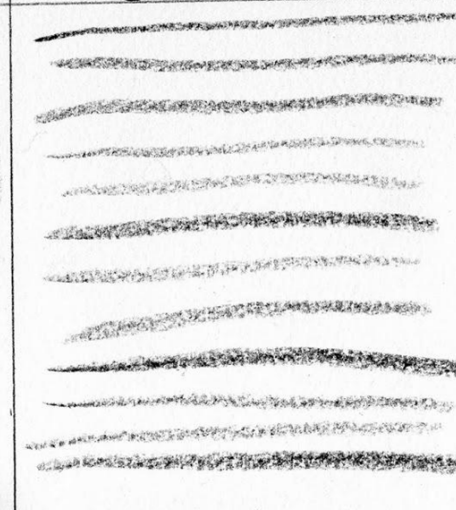
Serene



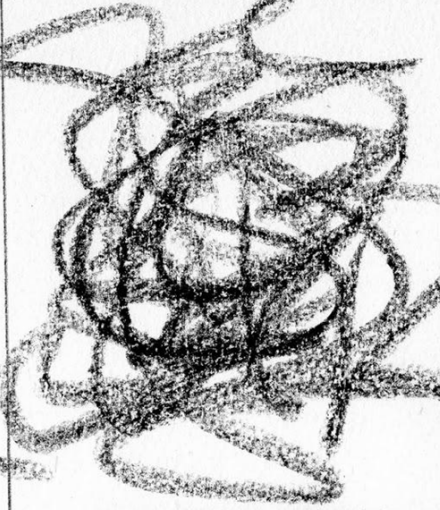
EXCITED



melancholy



Rhythmic



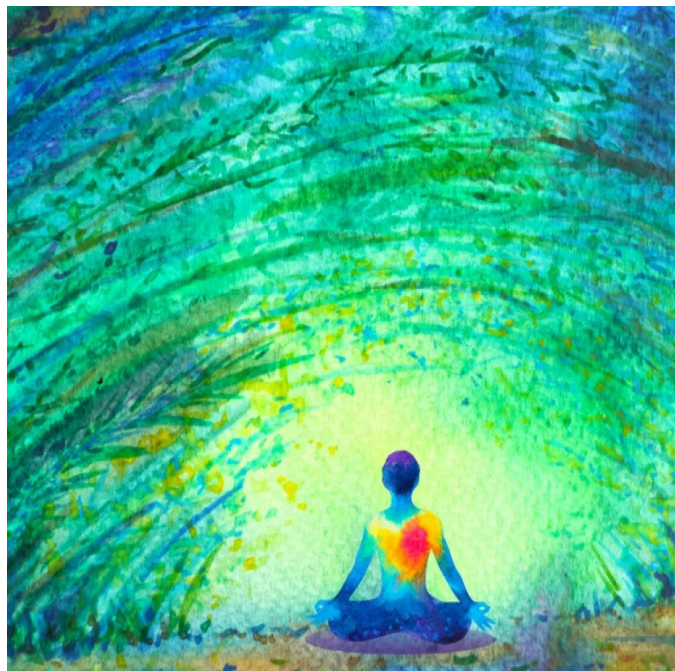
FRENZIED





**What are  
BENEFITS**

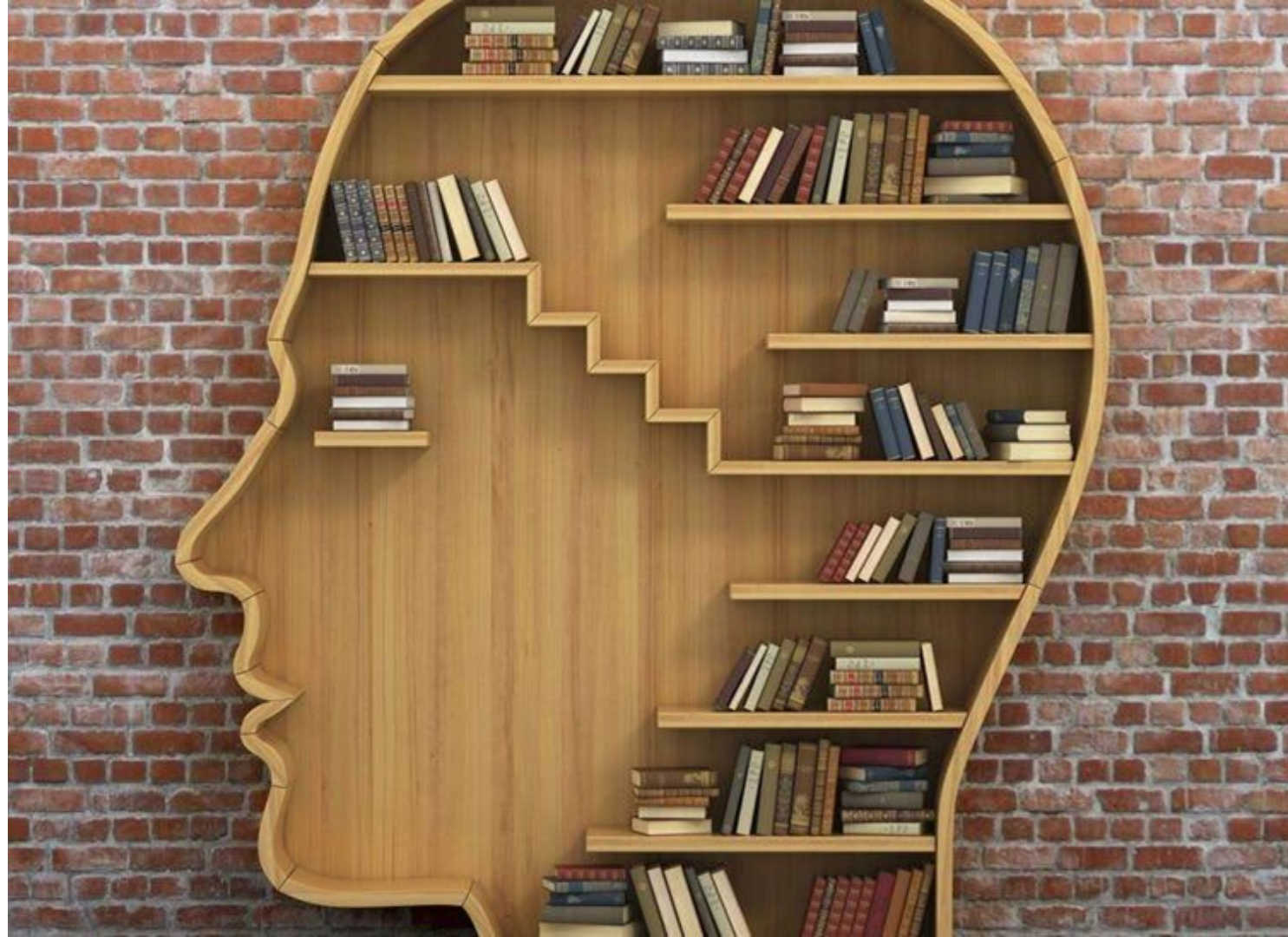




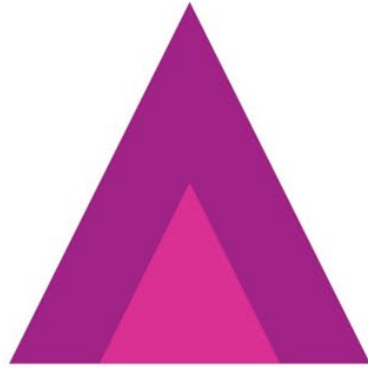
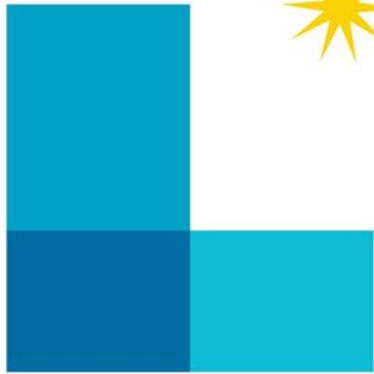


**What is the  
SCIENCE**









NEW YORK TIMES BESTSELLER

# Your Brain on Art

How the Arts  
Transform Us

Susan  
Magsamen  
and Ivy Ross

NATIONAL BESTSELLER

"Finally, a good excuse to goof off...a compelling case for the importance of...success and creativity." —*DISCOVER*

# play

How It Shapes the Brain,  
Opens the Imagination,  
and Invigorates the Soul



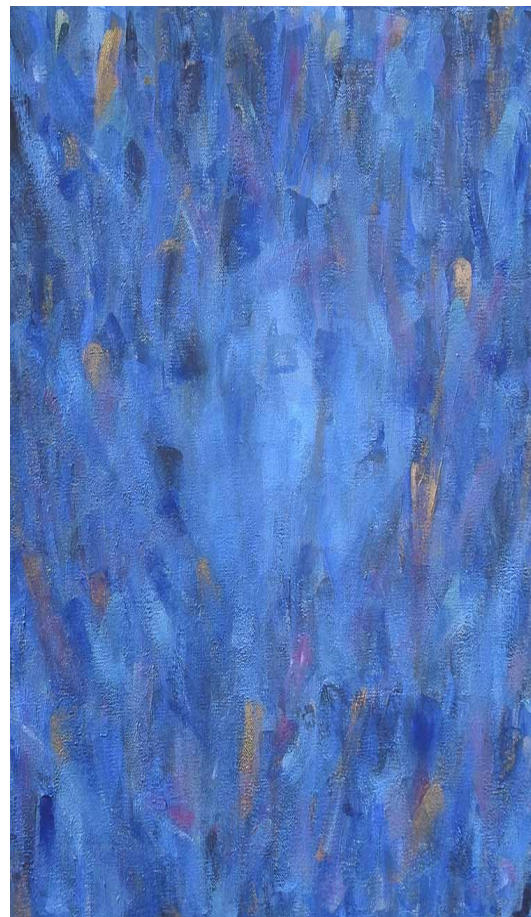
STUART BROWN, M.D., with CHRISTOPHER VAUGHAN  
founder of the National Institute for Play



# Examples











YOU CAN LET YOUR

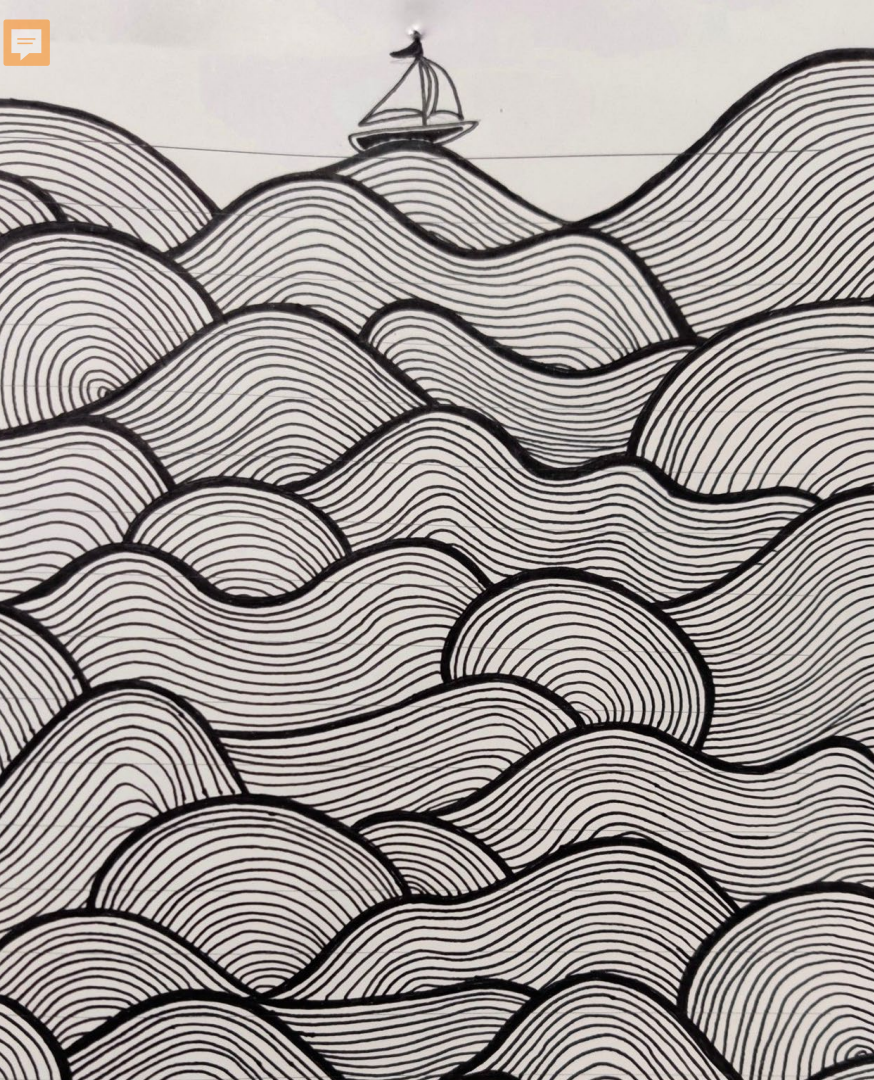
TALE

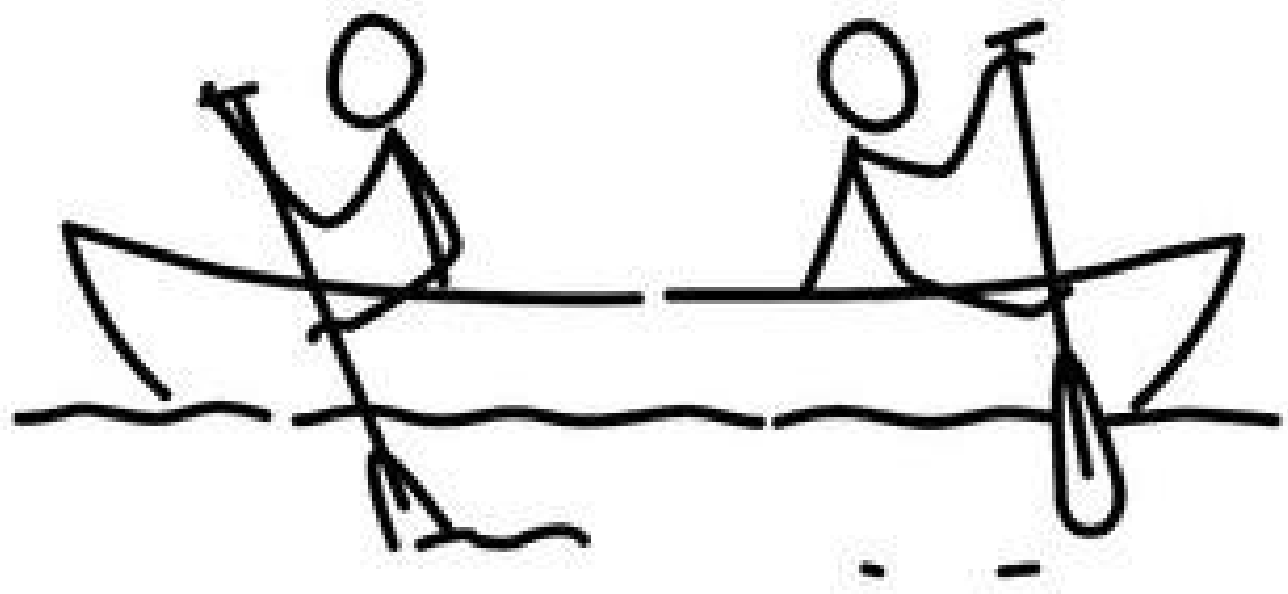


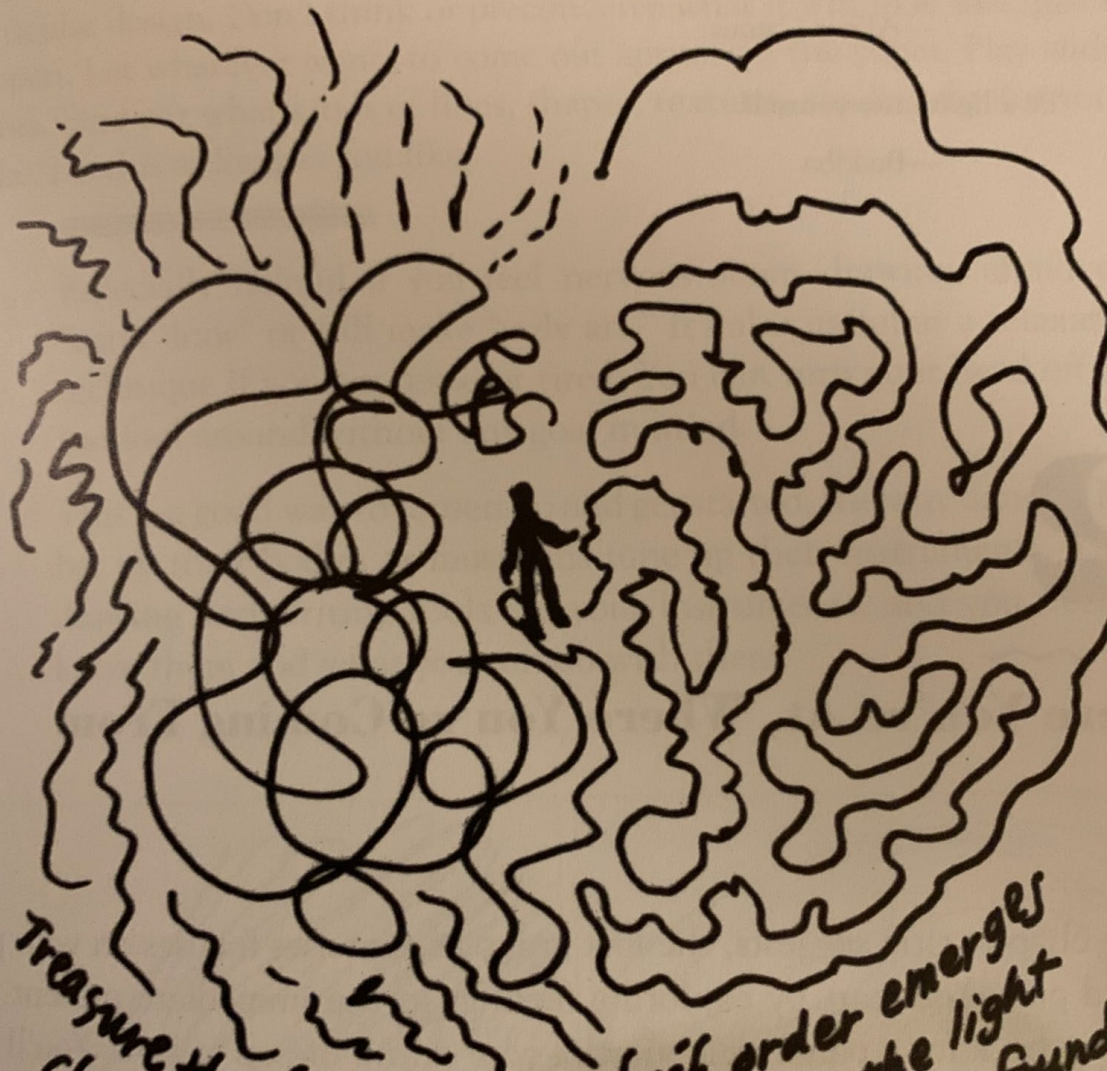












Treasure H...

if order emerges the light fund

**How do I BEGIN**

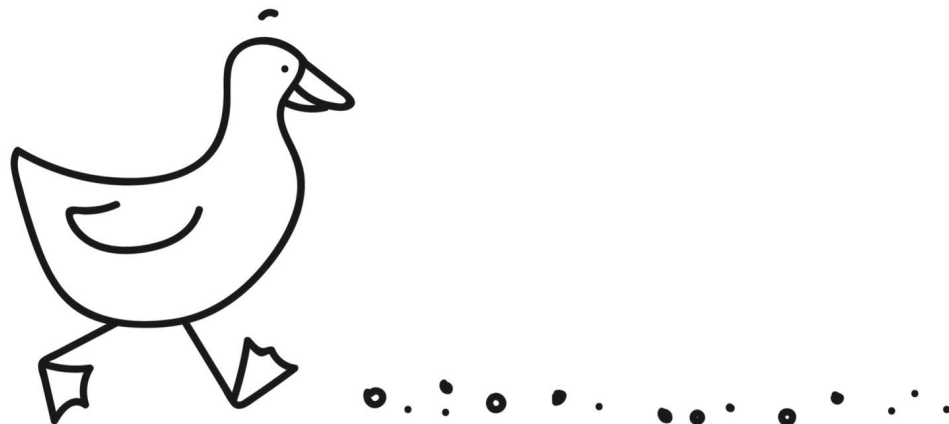
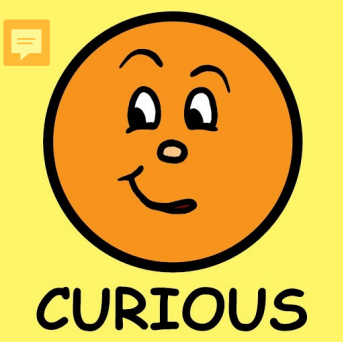




“Artist”

Supplies

Time



FOLLOW YOUR  
BREADCRUMBS

Let's get creative and play....

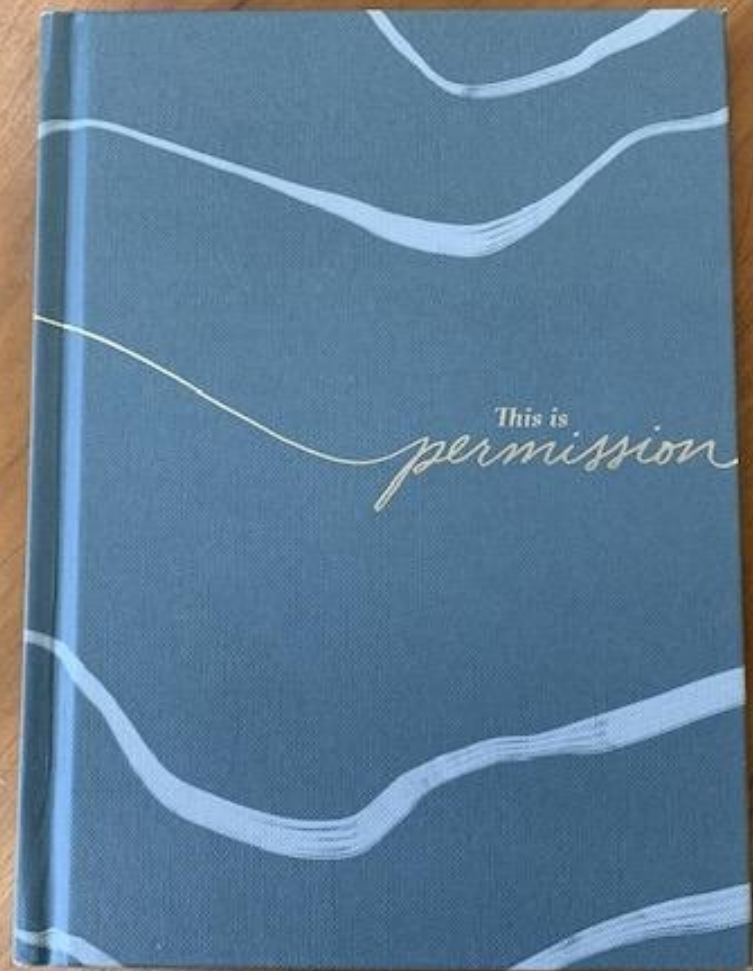






# What do you need?





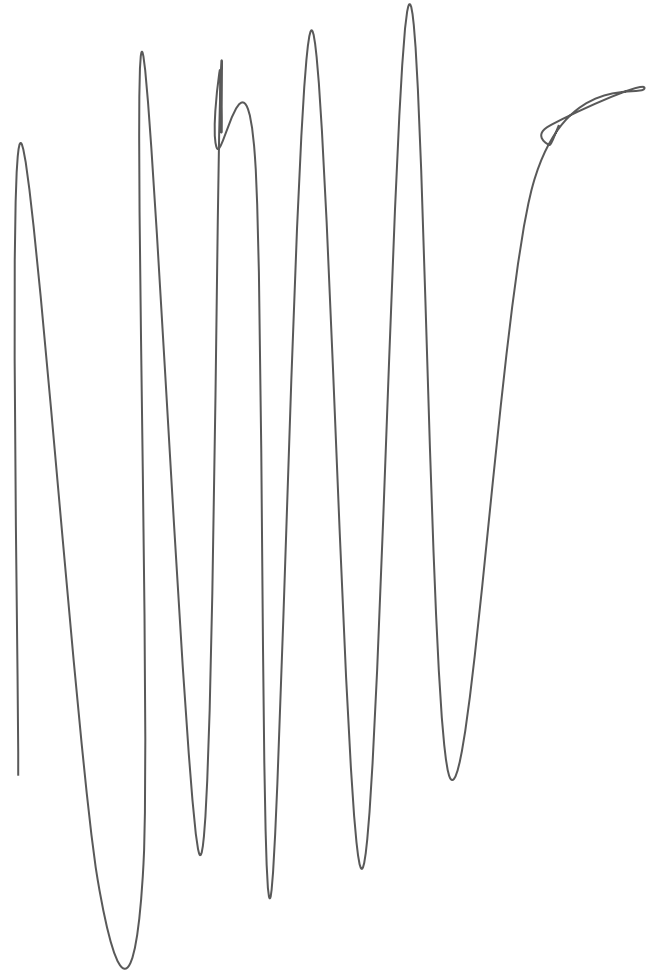
This is  
*permission*

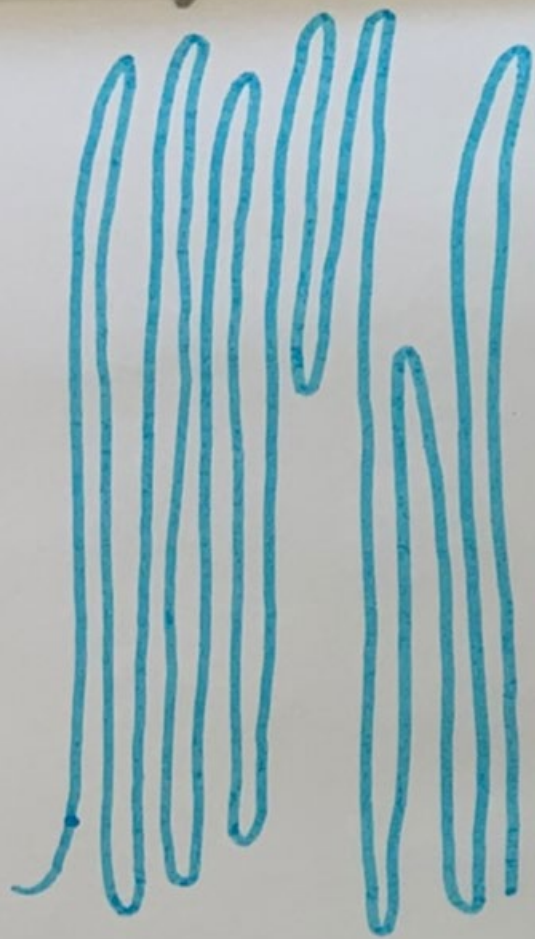
# **Drawing Your Breath**



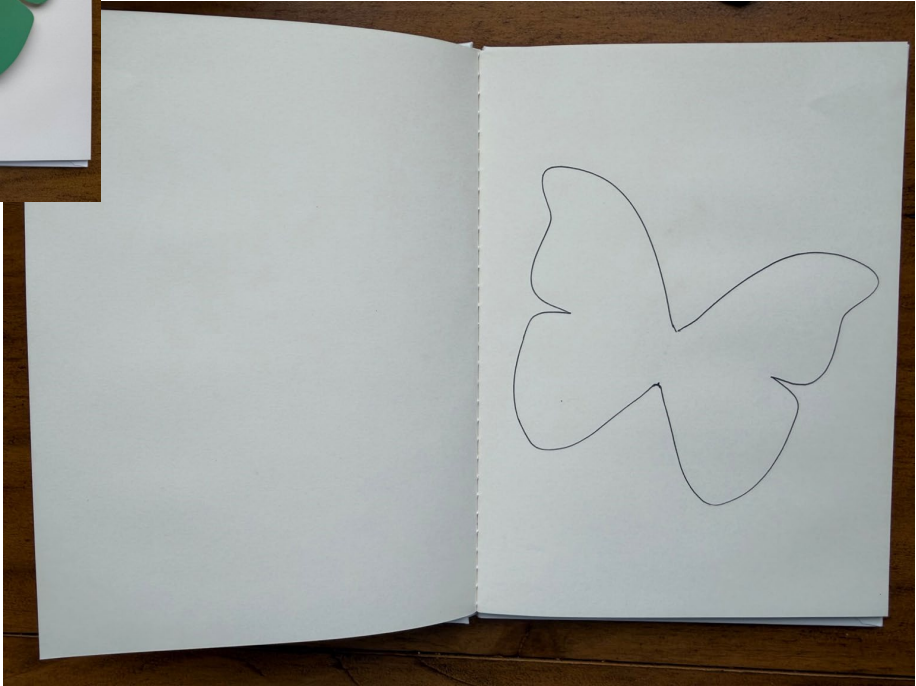
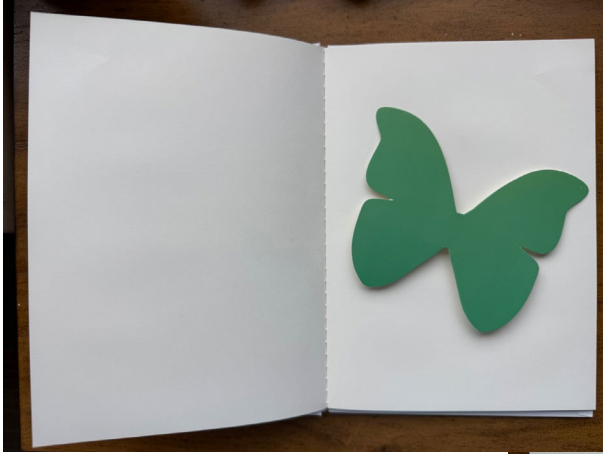
# Drawing Your Breath

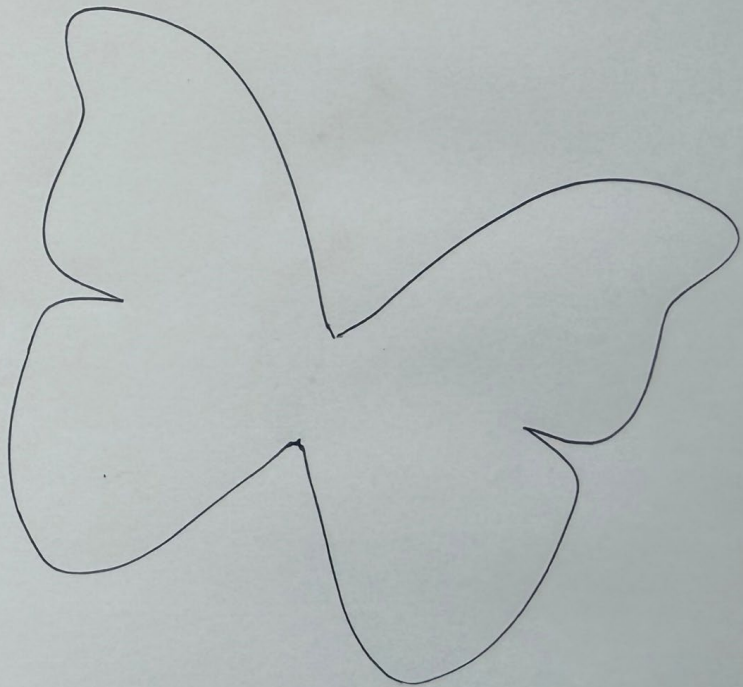
A Mindful Art Exercise

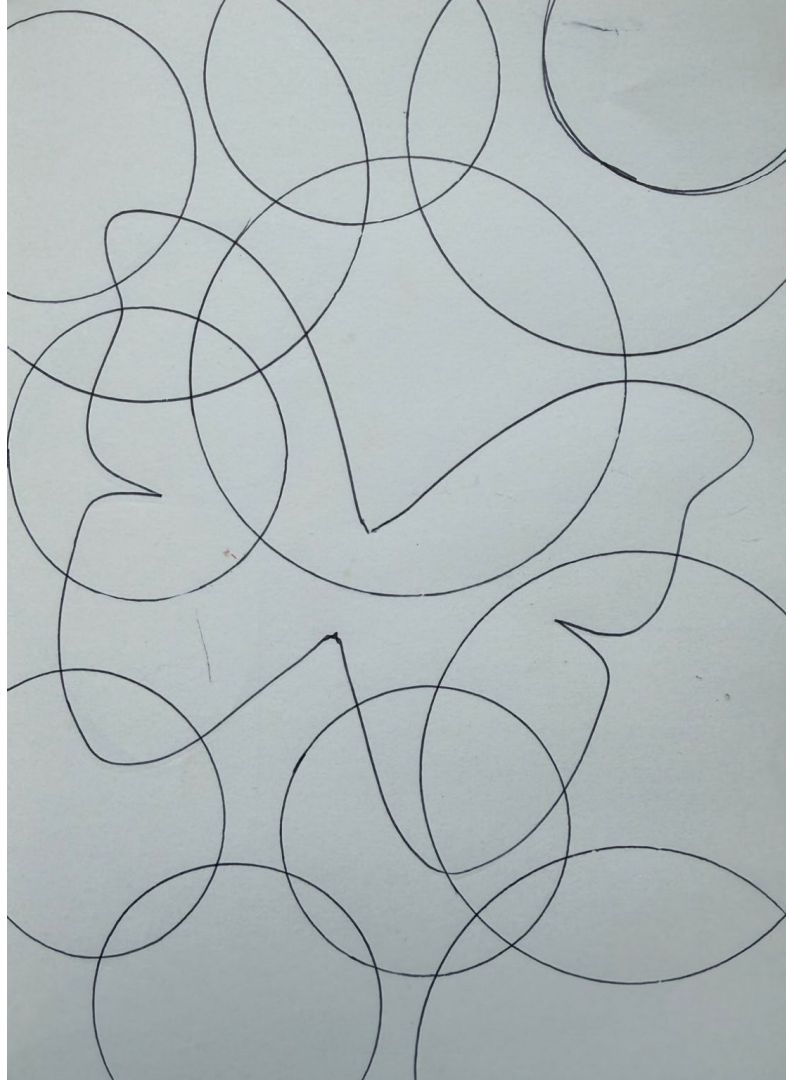
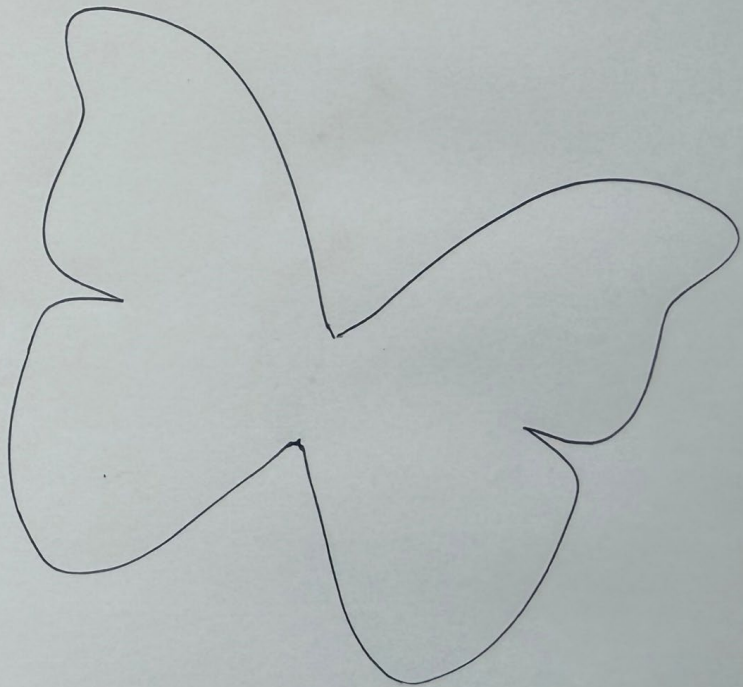




**Kaleidoscope**





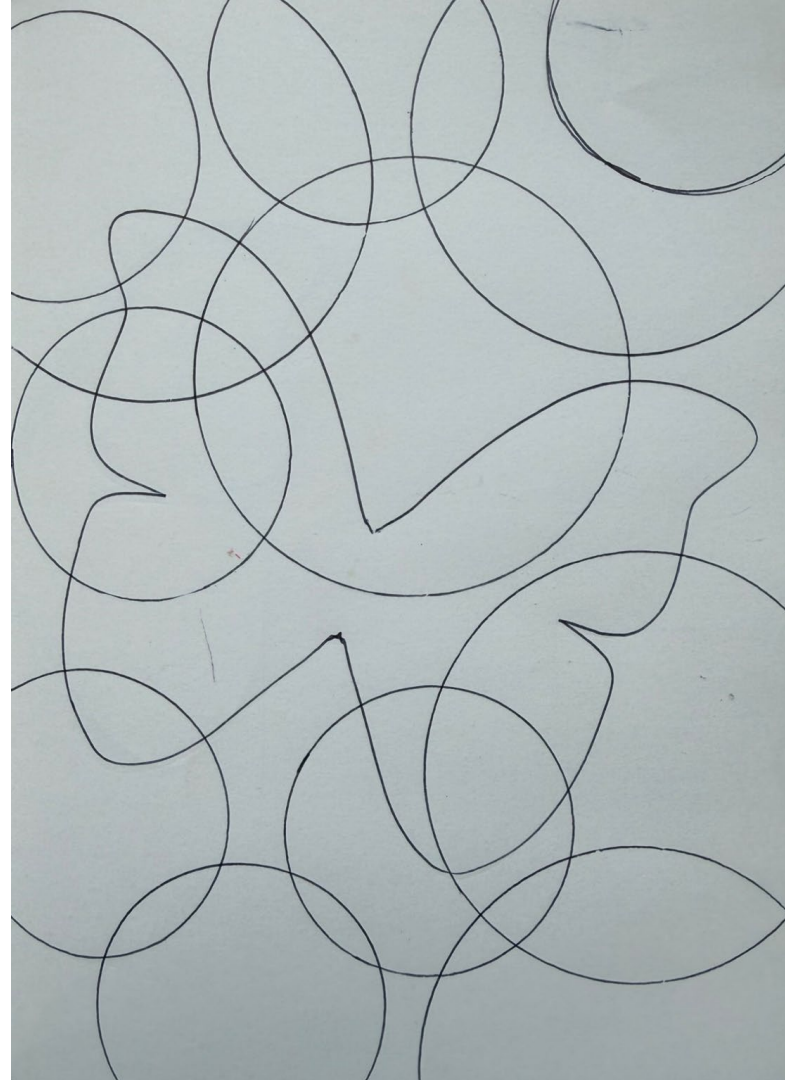




2-3 Colors

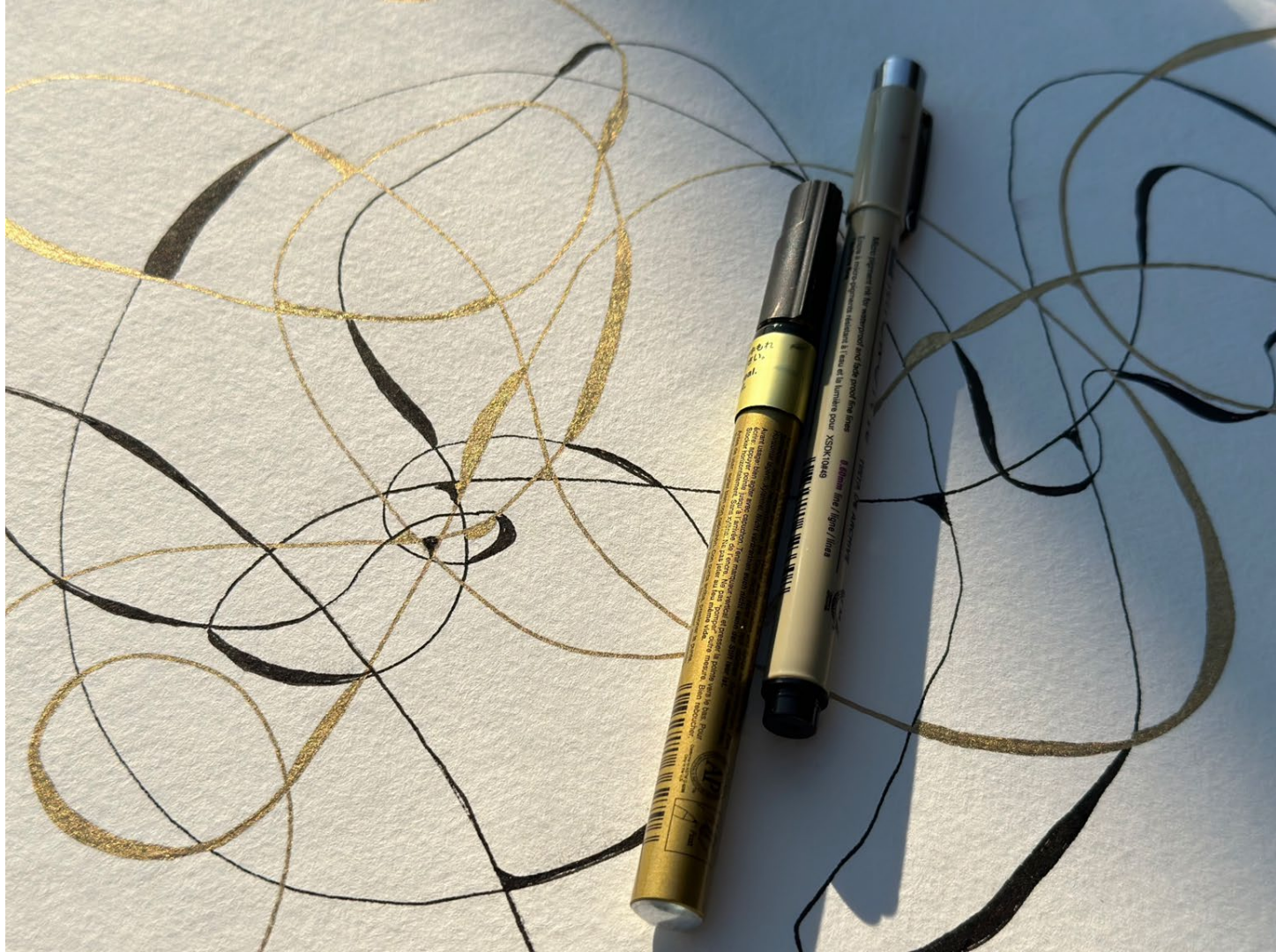
Patterns

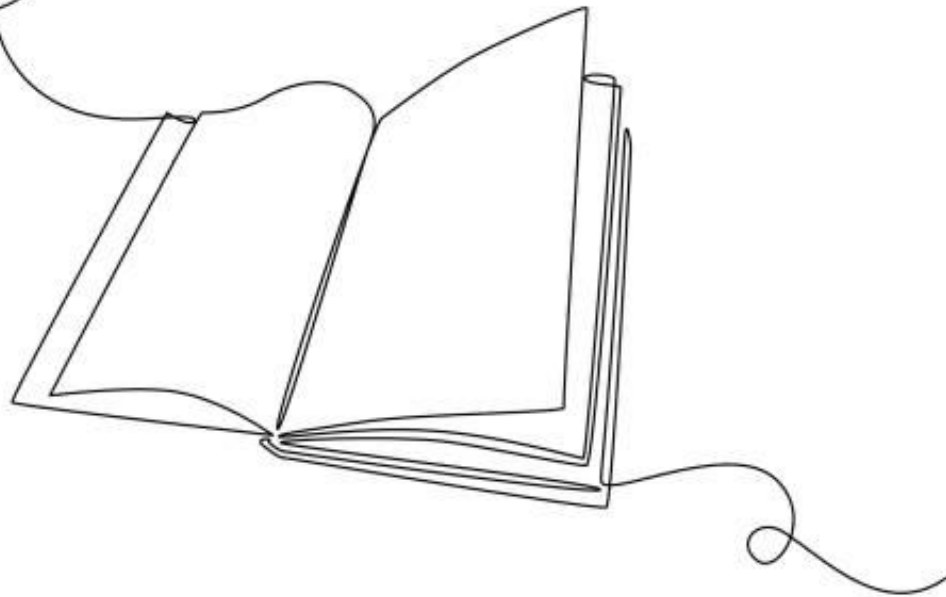
Theme?











A Creative Sanctuary: The Art of Hope and Healing



CREATIVITY  
&  
COFFEE

STAR  
SMILEY  
NEXT  
STEP  
HEART



*Creativity*  
IN PROGRESS



**create**  
NEXT STEPS

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