



American
Heart
Association.

WEDNESDAY
DECEMBER 2, 2020
11:00 AM – 11:30 AM

Join Jason Wasiak as he hosts stroke survivors for an art therapy class featuring special craft pop up cards and a lesson in Tai Chi.

Materials Needed:

- Scotch Tap
- Pencil
- Scissors
- Pen
- Construction Paper
- Markers

Optional items: Ruler, Fun Stickers, Glitter Pens, Dried Leaves/Flowers, Ribbon, Photo of Choice, Wrapping Paper

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STROKE SURVIVOR

ART & MUSIC THERAPY WEBINARS

Locally Sponsored By:



THURSDAY
DECEMBER 10, 2020
11:00 AM – 11:30 AM

Matt Mintz from H.O.P.E. Music Therapy will lead stroke survivors in a music class using materials right at home!

Materials Needed:

- Household Pot or Bowl
- Wooden spoon
- Wooden or Cardboard Box
- Whisk

Optional items: Drum and Drumsticks

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