



## Free online art sessions to help you move on from cancer

**Need a lift after lockdown?**

**Book now**

**with a referral from a doctor  
or healthcare professional,  
or contact 03000 200102 /  
referrals@artlift.org**

- ✓ **Online course with trained artist**
- ✓ **For anyone living with or beyond cancer & registered with a doctor in Gloucester**
- ✓ **Zoom sessions once a week for 10 weeks**
- ✓ **Make, draw & paint together**
- ✓ **Share experiences & build confidence**
- ✓ **Choose between two courses starting on Monday 16 Nov (2-4pm) or Thursday 19 Nov (10.30am-12.30pm)**

“ This has made me feel better physically and my sleep has improved. ”

[www.artlift.org](http://www.artlift.org)

May Lane Surgery, 27 May Lane, Dursley, GL11 4JN. Charity No. 1151680.

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CANCER SUPPORT