

Free online art sessions to help you move on from cancer

If you live in Gloucestershire & you're going through or recovering from cancer treatment, give yourself a lift & contact us:

03000 200102 or referrals@artlift.org

- ✓ Online course with trained artist over 10 weeks
- ✓ Explore making, drawing & painting with people who care
- ✓ Choose between two courses starting on Monday 16 Nov (2-4pm) or Thursday 19 Nov (10.30am-12.30pm)

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