

Create to Heal™

is a program of healing, based on many years of research and personal experience with people going through serious illness and disease, chronic pain and anxiety.



Founder Patricia Varga is a cancer survivor, writer and artist who has been facilitating Create to Heal for 15 years. She uses guided meditation, visualization, creative

writing, uplifting music, and the motion of art to take participants out of their heads and into their hearts, where healing begins.



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Benefits of Create to Heal®

- **Stress Reduction** • **Sense of Community** • **Empowerment**
- **Resilience** • **A Shift in Perspective**

FREE to all patients, family members, friends, and caregivers.
Virtual option available!

Every Tuesday
1:30 PM – 2:45 PM
Community Room
on the 2nd floor

CHRISTUS St. Vincent
Regional Cancer Center
445 St. Michaels Dr.
Santa Fe NM 87505

Virtual Teams option:
Contact Phy Encluna
505-913-8951
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