



TurningPoint  
of Lehigh Valley

# Healing Art & Music

Adult Programming

**WE INVITE YOU TO JOIN THIS MONTHLY PROGRAM THAT PROMOTES WELLNESS THROUGH THE ARTS**



Facilitator:

**Jade Bloshuk**

**Program starts  
Thursday, February 1, 2024  
at 6:00pm-7:00pm**



The Healing Arts & Music Adult Program is designed for individuals 18 years and older of all levels and abilities seeking opportunities to improve their social, emotional, and/or physical health. As the group explores different art forms including visual art, dance, music, writing, and drama, participants will find opportunities for creativity, self-expression, and community building.

The program will be facilitated by an Expressive Arts Therapy intern who specializes in Dance/Movement. Each session will incorporate movement exercises or activities – no dance experience necessary!

## PROGRAM DATES

Thursdays  
February 1st, March 7th, April 4th, May 2nd

PLEASE CALL FOR MORE INFORMATION



**610-437-3369**

**ARTSQUEST™**