

35 CREATIVE EXPRESSION INVITATIONS FOR HEALING  
AND SELF-DISCOVERY FOR YOURSELF AND OTHERS

BOOK COVER: *Art in Small Spaces...Art at the Bedside*



*“Healing,”* mixed media, a gift from a patient to his caregiver-friend.

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35 expressive arts invitations in ready-to-copy format. Learn to express yourself creatively, facilitate self-discovery with others, or support legacy work, you will find the resources here to begin. Center yourself and be present. Find out what supplies you need and where to get them. Julia’s book is based on her experience facilitating the expressive arts in end-of-life care, in long term care, in wellness groups, with healthcare providers and nursing students. She teaches in the nursing department at the University of Tampa and at Ringling College of Art and Design. Julia is a Certified Sage-ing® Leader, a Sage-ing Circle®Facilitator and Sage-ing Guild Faculty.

Julia B. Riley, Registered Expressive Arts Consultant and Educator [www.constantsource.com](http://www.constantsource.com)

**E-book, emailed to you as a pdf file. \$35**

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