

Cancer Educational Wellness Series

Program supported by a grant from the Climb for Cancer Foundation.



Sarah Hinds
Artist in Residence

Sarah Hinds joined UF Health Arts in Medicine as a visual artist in residence in 2017. She is a glass artist and art teacher. Sarah works with children and adults in the hospital, and believes everyone, regardless of age or experience, has artistic talent.

Sarah has been working with hot glass for over 20 years. From her home studio furnace, she melts and hand blows nature-inspired glass filled with color. It is a constant discovery and delight. She shows her work in galleries and fine arts festivals, and accepts public and private commissions.

Sarah has a rich and varied teaching experience, teaching adult glass frameworkeing classes, running a children's art and adventure camp, and teaching elementary school art in the classroom.

In 2016, Sarah's nephew was diagnosed with acute lymphoblastic leukemia, and a dear friend was diagnosed with amyotrophic lateral sclerosis, or ALS. Through both of their medical journeys, Sarah found herself facilitating art that was both meaningful and visually stunning, and it influenced her deeply.

When facing adversity, artmaking bolsters the spirit, quiets the mind and provides a positive physical release. When engaged in art, the hours melt away. It is a gift to witness this creative process at UF Health.

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Artmaking for Fun and Wellness

Wednesday, September 23, 2020

1:30 to 2:30 p.m.

Free class series

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During this one-hour workshop, we will explore the benefits of a daily creative practice and discuss tips for fostering creativity at home.

Everyone will have the opportunity to make art together, using simple supplies you have at home. No artistic experience is required. Please be sure to have blank paper and something to draw with, such as pencil, pen, colored pencils, crayons or paint.

This educational class is offered to cancer patients, family members and the community to promote health and quality of life. Classes are free and now hosted online.

This month, the Cancer Educational Wellness Series presentation will be available ONLINE ONLY.
Visit UFHealth.org/cancer-educational-wellness-series for more information on joining this class via Zoom.



Integrative Medicine • Palliative Care

For more information, please contact Chris Morgan at 352.273.5769 or by email at christopher.morgan@medicine.ufl.edu.