

Inspirations from the Garden

Cancer
Resource
Centre

Saturday, July 18 • 10 am – 2 pm

Cancer Resource Centre, 926 Ridge Road, Munster

Tickets \$10 in advance / \$12 at the event

Find a garden full of ideas and inspiration at this special program for the public.
Tour the June Hawk-Franklin Garden of Meditation and Healing.

The Art of Balance



- **Michael Grab**, of Gravity Glue (www.gravityglue.com), will share his unique stone balancing creations, inspiring a sense that anything is possible. Enjoy watching his meditative process of balancing stones in such a way that they appear to be joined by glue.
- **Guest Artist Shari Smith LeMonnier**, of Munster, will create a painting inspired by the healing garden. LeMonnier's spiritual and peace related paintings have been recognized by the Middle East Council of Churches, the Embassy of Afghanistan and the White House.
- Lisa Sagami will demonstrate **Ikebana**, traditional Art of Japanese floral arranging emphasizing form and balance. She is a member of the Chicago Chapter of Ikebana International, an organization dedicated to the promotion of Ikebana.
- Two lectures will be presented: "**The Gift of Healing Herbs**" by Vickie Jostes, Master Gardener and Master Naturalist and "**Essential Oils for Health and Wellness**" by Krys Stevens, mom, wife and IT professional who lives a healthier life thanks to these oils.
- Demonstrations by Cancer Resource staff: **Chi Gong**, a gentle form of exercise that improves health and overall well-being by Senior Yoga Instructor Andy Wichlinski and **Crystal Bowl Sound Healing** by instructor Pam Kozy, RMT, IARP.



Advanced tickets may be purchased for \$10
at www.cancerresourcecentre.com
or at the Cancer Resource Centre,
926 Ridge Road, Munster;
and at the gift shops of
Community Hospital in Munster;
St. Catherine Hospital in East Chicago;
St. Mary Medical Center in Hobart.

For more information call 219-836-3349.

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Proceeds benefit the Cancer Resource Centre,
which provides free education,
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with cancer and their loved ones.