

ART ACCELERATED ADULT WORKSHOPS

OSU Extension Service, Tillamook County & Art Accelerated* have partnered to provide artistic expression classes for adults as part of our Family & Community Health programs. *Art Accelerated is a local non-profit artist based organization promoting the arts in Tillamook County, supporting contemporary artists with exhibitions, performances and education programs for youth and adults.

Research has shown that engaging in creative artistic expression, including expressive writing, visual arts, music, engagement, and movement-based creative expression can have many positive impacts on health. Creative expression can improve mood, reduce chronic pain, and reduce feelings of stress and anxiety. Some studies also show relationships between creative expression and improved healing time and reduced risk of chronic disease [[The Connection Between Art, Healing, and Public Health: A Review of Current Literature Heather L. Stuckey, DEd and Jeremy Nobel, MD, MPH](#)].

Express yourself! with Acrylics

This is a chance to experiment and find new ways to express your creativity. Learn traditional and less conventional ways to start planning a painting and complete it. Learn about color mixing, mediums and ways to use acrylics. Experience the excitement of experimentation and loosening up. Working in a group with people who share your interests leads to unexpected insights - join the fun and express yourself! Taught by Christine Harrison, member artist and Gallery Manager at Art Accelerated.



When: Saturdays, January 19th – February 23rd
Time: 10:30 am to 12:30 pm
Where: Art Accelerated Gallery, 1906 3rd Street, Tillamook
Cost: \$45 (supplies included)

REGISTER ONLINE AT: <http://bit.ly/TillamookFamilyHealth>

Activities Refund Information:

- 100% of the registration fee paid will be refunded if cancellation is due to low enrollment.
- 100% of the registration fee paid will be refunded if cancellation is requested by the PARTICIPANT 10 business days or more before the activity.
- No refunds will be made when cancellation occurs on the start day of the activity or participant fails to show up for the activity.

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503-842-8433 or email tillamookextensionoffice@oregonstate.edu .



**Oregon State
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**ART
ACCELERATED**
BLINK, YOU MISS IT!