



Create to Heal™

The CSV Cancer Center is offering a 6-week pilot of Create to Heal™ that includes meditation, creative writing, music, and many forms of art.

**Open to ALL patients
with cancer**

Dates: September 3 – October 10

One hour a week. Choose the day that works for you!

Wednesdays from 3:00pm-4:00pm

Fridays from 1:00pm-2:00pm

FREE

**Reduces
stress**

Community

Empowering

**New
Perspectives**

If you have questions or are interested in participating in the research study featuring **Create to Heal™**, contact the CSV Research Team:

Study Coordinator: Caitlyn Pallas (Caitlyn.Pallas@stvin.org or call 505-913-8937)

For more information about the Create to Heal™ program, visit womenwwings.org

Patricia Varga, Founder of Women with Wings

CHRISTUS Health IRB Approved
IRB NUMBER: 2025-066
IRB APPROVAL DATE: 08.19.2025