



**For Immediate Release**

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## **Cancer Center of Santa Barbara Holds Second “Art Heals” Exhibit and Reception to Honor Talented Artists**

**Exhibition features work of those touched by cancer**

**Santa Barbara, CA, February 16, 2010**—The Cancer Center of Santa Barbara and Santa Barbara City College Adult Education invite the community to the second *Art Heals* exhibition and reception to celebrate the artists’ work on **Friday, February 19<sup>th</sup> from 4:30-6:30pm at the Cancer Center.**

*Art Heals* features the work of cancer patients, survivors and community members. The extraordinary collection of works gives vision and voice to the experiences of those who have been touched by cancer.

“Art fosters hope and provides a welcomed distraction which enables people to focus on something instead of their health, said Christine Brown, Wellness Manager at the Cancer Center of Santa Barbara. “These classes allow participants to bond and support each other while sharing paint, paper, and a lot of laughs.”

People with cancer are increasingly turning to complementary therapies to reduce symptoms, improve quality of life, and boost their ability to cope with stress. Research suggests that the creative process involved in making art is healing and life-enhancing.

Local Artist, Rick Stich, who has been teaching art to cancer patients, survivors, and family members at the Cancer Center of Santa Barbara for eight years, will showcase his students’ work in the hallways of the Cancer Center. Over 12 artists will be revealing their latest masterpieces at a reception. The event is open to the public and wine and cheese will be provided.

The Cancer Center of Santa Barbara, in partnership with SBCC Adult Education, has provided the classes for over ten years with a vision to help people uncover their own creativity through painting and in the process, promote health and well-being. The Cancer Center is proud to be able to offer art programs free of charge to anyone living with, through, or beyond cancer.

“For many, making art provides an upbeat distraction that allows those facing life-threatening illness to focus on something positive instead of their health or daily medical routine for a time,” added Brown. “For others, it is an opportunity for self-expression without having to use words.”

The exhibit, which is a permanent, revolving display, provides a continual source of inspiration to patients, family members, and staff at the Cancer Center. It serves as a visual reminder of the power of the creative process and the role art plays in health and healing. For more information, contact the Cancer Center of Santa Barbara at (805) 898-2204 or [wellness@ccsb.org](mailto:wellness@ccsb.org).

Since 1949, the Cancer Center of Santa Barbara has remained in the vanguard of comprehensive outpatient cancer treatment with personnel from some of the nation’s renowned medical programs, the latest science and

technology, and integrative wellness and patient support programs. The independent and charitably supported Cancer Center of Santa Barbara has earned a reputation for compassionately serving those on the journey to live with, through, and beyond cancer. [www.ccsb.org](http://www.ccsb.org)

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