

Create to Heal®

Healing from the Heart



Create to Heal™ is a program of healing, based on many years of research and personal experience with people going through serious illness and disease, chronic pain, and anxiety.

Founder Patricia Varga is a cancer survivor, writer, and artist who has been teaching Create to Heal for over 15 years in hospitals and cancer centers across the country. She uses guided meditation, visualization, creative writing, uplifting music, and the color and motion of art to gently guide participants out of their heads and into their hearts, where healing begins.

FREE to all patients, family members, and caregivers. A Zoom option will be available.



Tuesdays | 1:30–2:45 PM | Beginning January 6, 2026
Community Room – Second Floor
Christus St. Vincent Regional Cancer Center
445 St. Michaels Drive, Santa Fe, NM 87505

Contact:
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Benefits of Create to Heal®

- ***Stress Reduction*** • ***Sense of Community*** • ***Empowerment & Resilience*** • ***A Shift in Perspective***