

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.



Program Founder *Patricia Varga* is a cancer survivor, writer and artist who has been teaching Create to Heal

for 15 years in various hospitals and cancer centers across the country. She uses all forms of creativity including guided meditation, visualization, creative writing, uplifting music, the color and motion of art to gently take participants out of their heads and into their hearts where healing begins.

FREE to all patients, family members and caregivers. We will also be offering a Zoom option for those who cannot attend in person.

Tuesdays
1:30 PM – 2:45 PM
beginning
06th January 2026

Community Room Second Floor, Christus St Vincent Regional Cancer Center, 445 St. Michaels Dr, Santa Fe, NM 87505

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