



**Cabarrus Art Guild**

**LifeCards**

**Saturday, April 30, 10:00 AM – 1:00 PM, \$30.00**

**Instructor: Karen Wilder, [paperselfies@hotmail.com](mailto:paperselfies@hotmail.com)**

***“LifeCards: Illustrating and Enriching Your Life Experiences through Collage”***

In their simplest form, **LifeCards** are 5x7 collaged art cards illustrating, commemorating and honoring aspects of your goals, dreams, desires and life’s journey past, present and future. LifeCards can be useful, not only to record your dreams, feelings and journeys, but can be used in your daily life as well.

Here are some examples of the uses of LifeCards:  
Self-Expression, Self-Discovery, Journaling, Inspiration and Motivation, Memories, Gifts to Self and Others, Mediation, Tools, Stress Relief, Achieving Goals and Dreams, Overcoming Fears, Dealing with Strong Emotions, Rising above Difficult Situations, Emotional Healing, Journeying through Grief, and Journeying through Serious Life Situations.

In this workshop, you will be provided with all the tools and materials you need to create 3 cards of your own choosing, have access to 100’s of images from which to use and keep and a detailed instruction guide for use during the workshop as well as at home so you can experience the joy of creating LifeCards in the future at your own pace. Should the group desire, we will also learn how to “read” our cards and record their internal insights.



This workshop is open for beginner through advanced. If you have taken a LifeCards workshop before, please bring your LifeCards packet and Frame and any images you would like to work with. For those who have attended before, we can focus on a specific type of card you would like to create while beginners learn to create their cards.

Optional materials for students to bring: magazines to donate to group, (art magazines especially desired) and/or personal photographs or images they want to work with.

**Advance registration and payment are required. Register online, call, or stop by the gallery.**

Cabarrus Art Guild, 11 Union Street South, Suite LL-202, Concord NC 28025

[www.cabarrusartguild.org](http://www.cabarrusartguild.org) 704-795-1901