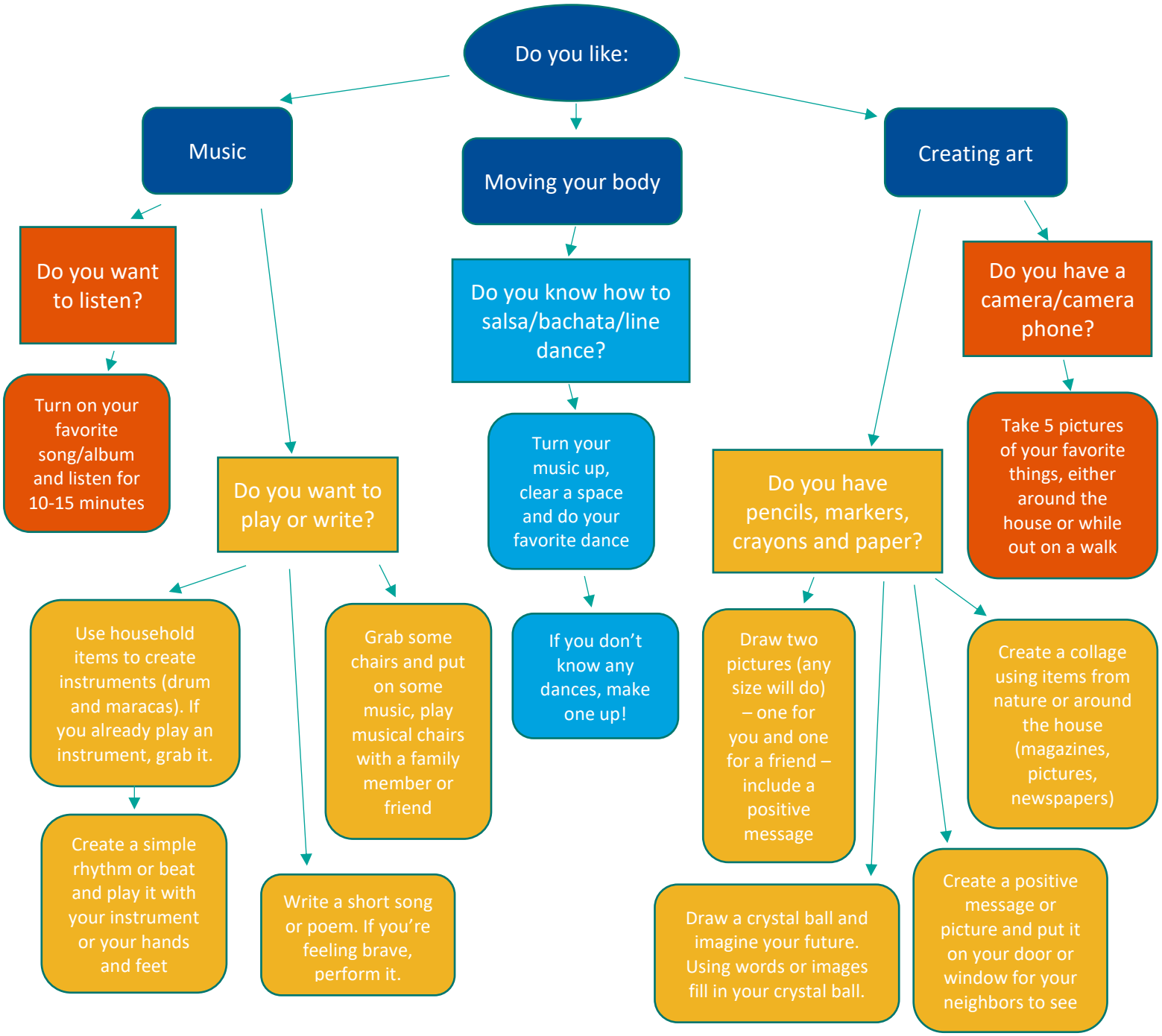
MetroHealth

The Department of Arts in Health has some ideas for you:

We know the arts can have positive effects on our health and well-being every day and especially during difficult times. Whether you are feeling happy, sad, anxious or grateful, follow the flow chart to discover ways you can participate in the arts and express yourself while at home.