

Dealing through dancing

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Monday provides a unique healing opportunity for women with breast cancer and their families.

The Art for the Health of it!, program assists cancer victims by helping them tap into the benefits of creative expression. Facilitator and dancer Marianne Adams knows it helps.

She believes in the importance of spiritual healing as well as physical healing.

And what better way to heal than by dancing? Adams, who holds an MFA in Dance from UNCG as well as a MA in Clinical Psychology from ASU, is currently the interim chair and a professor in the Theatre and Dance department of Appalachian State University.

All skill levels are encouraged- and people can participate at their own comfort level.

The support group will meet Monday at the Cancer Resource Center at the Seby B. Jones Cancer Center at 5 p.m.