



*Feel Beautiful Today*

**FOR IMMEDIATE RELEASE**

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**Feel Beautiful Today Reaches 4,000 Boxes of Love Delivered To Patients at 16 Local Hospital and Cancer Centers in Atlanta**

**ATLANTA - March 14, 2016** - The Feel Beautiful Today organization (FBT), a 501(c)(3) created in 2010 with the mission of providing love, hope and encouragement to women and girls affected by cancer, announces the achievement of delivering Arts in Health programs to 4,000 cancer patients.

One of the challenges of battling cancer is that, despite the existence of familial and non-familial support groups, there is a tendency for cancer patients to feel isolated. For caregivers, it is likewise challenging. There are often no words or touch that adequately console or express the depth of one's compassion. Art is important because it provides a medium which transcends language. It is a way to have an honest shared experience without innuendo and without expectation. It allows participants to live in the moment without guilt and communicate grief and joy without feeling like an encumbrance to others.

FBT workshops facilitate these experiences by providing a shared moment, reprieve from the constant worry and despair, and by using creativity to enhance a sense of purpose and to strengthen will.

About Feel Beautiful Today:

Headquartered in Roswell, GA, Feel Beautiful Today®, a 501(c)(3), was established in September of 2010 with the singular mission of providing love, hope and encouragement to

women and girls affected by cancer through “Arts in Health” programs. The organization partners with cancer centers and hospitals who are focused on providing "Integrative Oncology" -- an approach that looks at the whole patient: body, mind and spirit. FBT is staffed entirely by volunteers, which enables us to invest more than 90% of the donations received into fulfilling our mission. Since inception, FBT has delivered more than 4,000 “Boxes of Love” to women and girls affected by cancer. For more information about FBT, please visit our website at [www.feelbeautifultoday.org](http://www.feelbeautifultoday.org) or follow us on Facebook: Feel Beautiful Today.

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