



Feel Beautiful Today

FOR IMMEDIATE RELEASE

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Feel Beautiful Today Announces the Creation of Two New Arts in Health Programs

Roswell, Georgia (February 29, 2016) — Feel Beautiful Today (FBT), a non-profit organization created in 2010 with the mission of providing love, hope and encouragement to women and girls affected by cancer through Arts in health programs, announces the launch of two exciting new programs, Through My Window and Luna.

Through My Window and Luna are innovative “Arts in Health” programs designed to help cancer patients decrease stress and anxiety and improve emotional health and physical outcomes. These new, creative programs aid patients in achieving a state of flow, or completely focused motivation, through various hands-on activities including painting, coloring, drawing and writing. Through My Window and Luna not only offer patients an opportunity to become actively engaged in art but also to become passively engaged through the listening of music and stories developed exclusively for FBT. The effects of passive art on a patient's healing journey are just as impactful as participating in the creative process itself. Through My Window and Luna represent a total, encompassing creative program that will help cancer patients improve emotional health and well being.

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 or follow us on Facebook: Feel Beautiful Today.

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