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**Sari Field, Age 16**

Be Yourself

“I see art as a language, in which everyone from whatever background, age group, or gender can be included. It is a way to express feelings or emotions that might not be able to be expressed in any other way. I chose this piece because I think it represents the deepness and grandness that life can be danced as. There are many patterns which symbolize the different textures that life can bring. This represents to me the different stories and events that make up our lives. When one views the painting as a whole, this symbolizes to me how all the stories are somehow connected and make up a long thread of life.”

ArtWorks services children and young adults with chronic and life-threatening illnesses and their network of supporters by creating healing exhibitions that recognize the creative arts therapies as an integral component of the recovery process.



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Happy Holidays and Best Wishes  
for the New Year!