

### **Create Your Own Holiday Ornament**

Season's greetings! During the holidays, many decorate their homes with items that remind them of special memories from years past. We invite you to take a moment to reflect on this past year and how you would like to remember it in the future. Use the ornament template below to write, draw, or doodle what from 2020 you are carrying with you to remember in future holiday seasons.

We would love to see your ornament; share it with the Center for Performing Arts Medicine at [CPAM2@houstonmethodist.org](mailto:CPAM2@houstonmethodist.org).

