



The Art of Healing

Offering patients and families an important, therapeutic tool for healing

At Abbott Northwestern Hospital, the concepts of integrative health are fundamental to the care that the hospital's physicians, nurses and other health care professionals have provided for decades. As the home to the largest hospital-based integrative health program in the nation, the George Institute is a member of the Society of Arts in Healthcare—an international organization dedicated to demonstrating the valuable roles the arts can play in enhancing the healing process, and encouraging and supporting research and investigation into the benefits of the arts in health care.

In 2004, the George Institute established the *Art of Healing*, a program that recognizes that arts are an important and therapeutic tool for patients and families. "The arts speak to the creative aspects of our souls, which can open a door to healing that might otherwise remain closed," said Lori Knutson, RN, BSN, HNC, executive director.

Initially, the program offered inpatient music therapy. Board-certified music therapist Kim Donley, MT-BC, uses music to support physical, psychological, cognitive and social functioning for patients. Music therapy is often used to reduce anxiety, stress and pain, as well as to

encourage individuals to be an active participant in their healing.

As the music therapy program has grown, so has its reach and impact. In the summer of 2008, Donley expanded the program to a series of outdoor concerts for patients, family members, employees and other visitors on the

"Listening to music, and especially live music, is often a centering and healing experience," explained Donley.

Abbott Northwestern campus called Music on the Mall. "Listening to music, and especially live music, is often a centering and healing experience," explained Donley. "The hospital is often a stressful place and this gives people an opportunity to take a break from that stress by being present with the music."

Funded from generous gifts from individuals, families and employees through the Abbott Northwestern Hospital Foundation, the Music on the Mall series has grown in its popularity and impact.

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THE GEORGE INSTITUTE'S ART OF HEALING PROGRAM INCLUDES:

- permanent art collection
- visual arts exhibits that change on a bi-monthly basis
- artists at the bedside
- volunteer programs
- music therapy
- special arts events
- Caring for the Caregiver programs
- partnerships and collaborations with community arts groups
- gardens and outdoor healing spaces
- ongoing groups and workshops
- staff education events
- community education events
- consultation to other health care facilities and organizations.



Photograph by Gail Murton

ART OF HEALING ARTIST PROFILE

Passion for photography brings healing, growth to Gail Murton



What started as a hobby and a pastime has turned into an artistic journey for Gail Murton. In the process, she has discovered that creative outlets, in her case photography, are truly healing.

In 2001, Murton was diagnosed with a rare form of carcinoid cancer. Following surgeries and procedures at Abbott Northwestern, she started visiting the George Institute and practitioners at its Outpatient Clinic. In 2009, her photography caught the attention of Megan Hatch, coordinator for the George Institute's *Art of Healing* program.

When Hatch saw her photography on the front of a homemade photo card, she approached Murton about doing an exhibit of her work at Abbott Northwestern. As part of the George Institute's *Art of Healing* program, a new local artist is chosen each month to display works that portray themes of health, healing and spirit. "I accepted gratefully and without hesitation," said Murton. "The hesitation came later as I began to realize how much there was to learn about my new single lens reflex camera, photographic techniques and the art of printing images."

For many years, Murton used a point-and-shoot camera to capture images, primarily intimate images found in nature. "Having a camera slows me down and I try to shoot mindfully," explained Murton. "Through photography I'm



learning the art of seeing—my surroundings, my emotions, the world and my place in the world," she added.

At her cabin in northern Minnesota, Murton finds a wealth of subjects waiting to be photographed. Last year, she enrolled in courses at the New York Institute of Photography and the Minneapolis Center for Photography to enhance her skills, particularly with the capabilities of her single lens reflex camera. With her enhanced skills and knowledge in photography, the hobby turned into a primary healing therapy for Murton—a passion that she considers a gift.

In addition, Murton expanded her artistic skills into a newfound craft and form of expression. She enrolled in a sauna building workshop at the North House Folk School in Grand Marais, near her cabin. There, she learned how to construct a shelter from foundation to roof, including placing and framing of windows and doors, and built a sauna with traditional timber frame construction—an experience she describes as empowering.



Murton is grateful for her husband's support, constant encouragement and help throughout her cancer diagnosis and treatment. She also acknowledges a support system of friends and family, who have inspired her. Spending time at her cabin, enjoying nature and her passion for photography, helps her to live in the moment and explore newfound talents. "Living with a life-threatening diagnosis can be a source of fear and anxiety," said Murton. "But photography has helped me slow down, breathe, live in the present and be aware of the gifts in my life."

Photographs by Gail Murton



SPECIAL EVENTS

The Art of Healing Program

The George Institute's *Art of Healing* program provides arts-based wellness interventions and education on both an inpatient and outpatient basis on the Abbott Northwestern Hospital campus and at other facilities of Allina Hospitals & Clinics. Some program components include music therapy, artists at the bedside, collaborations with area arts groups and the creation of a volunteer program. The program includes visual arts exhibits and visual, movement, written word and music classes focused on educating individuals in the therapeutic benefits of the arts.

RESILIENCE TRAINING

Resilience Training is an eight-week group program developed by Henry Emmons, MD. Based on Dr. Emmons's book, *The Chemistry of Joy*, the program is designed to help people enhance their natural resilience, making them less likely to develop problems with depression and other chronic diseases. Desired outcomes for program participants include reduced severity of depression and anxiety symptoms, a decrease in future episodes and decreased reliance on prescription medications.

Program Features: The program begins with a consultation with Dr. Emmons. This provides an opportunity to learn more about the program and whether it is right for you. You will also receive an integrative assessment of your situation and any suggestions that Dr. Emmons feels may be helpful for your recovery.

Each Resilience Training group consists of 12 to 16 participants who meet once a week for eight weeks to gain a greater understanding of the interconnected workings of the mind, body and spirit. Specific techniques of meditation and mindfulness will be learned to support the process of overcoming depression and anxiety. Resilience Training also includes individual sessions with a clinical nutritionist and an exercise physiologist. Each participant will be given specific dietary and exercise recommendations for their particular needs with an overall focus on improving the body's physical imbalances and toxicities that may contribute to depression and anxiety. In order to develop resilience, it is critical to understand the significance of exercise and nutrition, and to incorporate these activities and nutrients into daily life.

To schedule the initial consultation with Dr. Emmons, please call 612-863-3333. The fee for the appointment is \$200 and is not billable to insurance. If you then make the decision to participate in the full program, the \$200 will be applied to the total Resilience Training program fee of \$900 when you enroll.

Visual Arts Exhibit Calendar

Each month a new local artist is chosen to display work at the George Institute's Outpatient Clinic. Artwork portrays themes of health, healing and spirit. The exhibits and opening receptions are free and open to the public. Exhibits may be viewed during clinic hours, Monday to Thursday, 8 a.m. to 9 p.m., and Friday, 8 a.m. to 4:30 p.m.

APRIL–MAY EXHIBITS

Opening reception held at the George Institute's Outpatient Clinic on Sunday, April 18, 2–5 p.m.

- Poetry reading by Susan King
- Artist talks
- Book-signing by Chris Ayers, author and illustrator of *The Daily Zoo*
- Music by Anna Lee and Megan Druckrey

Abbott Northwestern Hospital, Lower Level
(by LiveWell Fitness Center)
Drawings by Chris Ayers

George Institute's Outpatient Clinic
(SE corner of 28th and Chicago)
Paintings by Sarah Schaleger

JUNE – JULY EXHIBITS

Opening reception held at the George Institute's Outpatient Clinic on Friday, June 11, 6–8 p.m.

Abbott Northwestern Hospital, Lower Level
(by LiveWell Fitness Center)
To be announced

George Institute's Outpatient Clinic
(SE corner of 28th and Chicago)
Textiles by Fiber Arts Group

THE ARTS: AN INSTRUMENT OF CARE

This special event at the Nicollet Island Pavilion on May 20 will highlight the successes of the past six years of the *Art of Healing* program at Abbott Northwestern and help pave the way for its future growth. The night will include a showcase of the many talented local artists whose work has graced the walls and touched the lives of patients and staff at the hospital, live musical performances and a presentation on the role of arts programming in health care. For more information or to purchase a ticket, please call 612-863-6510.

Related healing art programming

WRITING TO HEAL

A three-part class taught by Susan Deborah King, MDiv, published poet, former minister, psychotherapist and leader of international retreats on creativity and spirituality. Being diagnosed with a life-threatening illness can stir up feelings we had no idea were there. What can we do with these powerful emotions so they do not completely overwhelm us? Shaping what we experience into art is a way of taking a stance toward our situation and summoning abilities we were not aware we possessed. Yet, even to think about writing down what is happening to our bodies and spirits can be frightening. Through a series of exercises and sharing what we've written, we will develop a sense of connection to one another. The exercises will sharpen our awareness of what we perceive through our senses and call forth images from memory, imagination, and dreams. Just being willing to engage in this process has the power to transform our fears. We may, then, begin to live into the definition of healing as fullness of being in the ever-changing present whatever our condition.

Susan Deborah King, MDiv, instructor
Thursdays, 5-6:30 p.m.
April 22, 29 and May 6
\$50

DRUM CIRCLE

Come and drum with us! Drumming has been shown to reduce stress and have a positive impact on your health. Experience a sense of relaxation and well-being through self-expression, physical activity, sharing in the group energy and having a lot of fun. No musical experience necessary. A variety of percussion instruments will be provided, but you are welcome to bring your own drum as well.

Kim Donley, MS, MT-BC, instructor
Mimi Lindell RN, HN-BC, CHTP, instructor
Thursdays, 7-8 p.m.
April 15, May 20 and June 17
(pre-registration required)
\$10

Yoga

THERAPEUTIC YOGA

Anyone can do yoga. Yoga is a wonderful aid to healthy living, and a regular yoga practice can provide many benefits, including:

- easing muscular tension
- improving circulation
- increasing flexibility and balance
- improving functioning of various body systems
- toning and strengthening the body
- providing relaxation of body and mind.

Yoga can also be used to support the healing process in a variety of ways. Among other health issues, yoga can be of help to people who are experiencing low back pain, are living with neurological disorders, or are fighting cancer. If you are dealing with a health issue and would like to explore yoga as a complement to your conventional care, your needs would be best met by an individual consultation with our yoga therapist. To make an appointment, call 612-863-3333.

BEGINNING GENTLE YOGA

In this eight-week class learn basic yoga postures, breathing techniques and meditation practices. This style of yoga invites you move slowly and with awareness, relaxing mind, body and spirit. This class requires the ability to get down to the floor and up again.

Megan Hatch, CYT, instructor
Wednesdays, 5-6:15 p.m.
Series starts April 21, no class
on May 19 or June 2
\$109

YOGA FOR WORK

In this series, learn simple and effective techniques you can use throughout your workday to alleviate both physical and mental stress. Go home with more energy than you arrived with!

Megan Hatch, CYT, instructor
Mondays, 4:30-5:30 p.m.
April 12-26
\$40



Other Classes

MINDFULNESS-BASED STRESS REDUCTION

A weekly class for eight weeks including a seven-hour day of mindfulness. This introductory course is based on Jon Kabat-Zinn's model in his book, *Full Catastrophe Living*. Mindfulness-based stress reduction (MBSR) is ideal for anxiety, depression, chronic pain and illness, cardiac disease, the demands of care-giving, life-threatening illness, grief, spiritual emptiness and balancing everyday stress. Participants learn and practice the basic skills and begin to experience their impact on everyday life, health and well-being. Each session involves walking, eating, sitting and/or yoga meditation, instruction and group discussion. Instructors have trained professionally with Jon Kabat-Zinn and have many years of experience with MBSR training.

Scott Cruse, LICSW, instructor
Mondays starting April 5, 6-8:30 p.m.,
plus Saturday, May 15, 9 a.m.-4 p.m.
OR
Mondays starting Oct. 4, 6-8:30 p.m.,
plus Saturday, Nov. 13, 9 a.m.-4 p.m.
\$300 plus approximately \$45 for books and
tape available at the class. Up to 27 CEUs for
mental health and teaching professionals and
up to 32 CEUs for nurses

TRANSFORMATION TO MOTHERHOOD: A MIND, BODY, SPIRIT APPROACH

This class will highlight the integral roles of the mind, body and spirit in pregnancy, birth and parenthood. Through creative experiential activities and interactive discussion, we will acknowledge the transformations and rites of passage which emerge during the childbearing year. This class will provide an opportunity to reflect on your experience now and your highest intentions for the unfolding future.

Mollie O'Brien, MA, NCTMB, RPA and Zena Kocher, LAC, Dipl. Ac & CH, MOm, instructors
Saturday, April 17, 1-5 p.m.
\$40

COUPLES MASSAGE

Learn massage therapy for you and your partner. This is a great way to help each other with relaxation and therapeutic techniques for muscle aches and pains. Each participant will give and receive a full body massage.

Ann Stocker BS, LMT, NCTMB and Vicki Grossman BS, NCTMB, instructors
Monday, June 7, 6-9 p.m.
\$60 per couple

UNDERSTANDING AND HEALING THE EFFECTS OF TRAUMA

Traumatic events can alter an adult's brain, but childhood abuse and neglect can have even more devastating consequences later in life including drug abuse, early pregnancy, physical pain and psychiatric problems. The growing understanding of brain changes has begun to offer new treatment options. Learn how integrative medicine techniques can soothe and reverse responses to trauma. After this seminar you will be able to:

- Identify how early attachment disorders affect one's later reaction to traumatic events
- List mind, body and spirit causes of trauma and how they manifest as disease
- Describe typical brain changes that occur with trauma
- Describe how the body reacts with fight/flight and other responses
- Define the stages of trauma
- Describe the progression from trauma to PTSD
- Discuss how integrative medicine techniques can help heal the effects of trauma

Bring a bag lunch and dress comfortably.

Sue Arnold, RN
Saturday, April 24, 10 a.m.-4 p.m.
\$79

INTRODUCTION TO AYURVEDA

Explore some key concepts of Ayurveda, including:

- Doshā—the mind-body-spirit constitution
- Prakruti—our essential nature
- Vikruti—our current condition
- Agni—the fires of the body, most importantly our digestive fire
- Ama—a toxic condition in the body, how to recognize it, how it is created and how to eliminate it.

The class will also include Ayurvedic diet and lifestyle recommendations for each constitution, a discussion of how the choices we make affect our health and the Ayurvedic recommendations for a daily and seasonal routine to support optimal health.

Marcia Meredith RN, NP, certified Ayurvedic practitioner
Thursday May 27, 6-9 p.m.
\$35

All classes will be held at the George Institute's Outpatient Center on the corner of 28th Street and Chicago Avenue. To register or for more information, call 612-863-3333.

Art at the Bedside

Through the George Institute's Art of Healing program, hospitalized patients use art as a tool in their healing journey

With a six-year-old daughter and a three-week-old baby at home, Adrienne Benjamin's life was suddenly thrown up in the air. Following a diagnosis of Guillain-Barré syndrome, an autoimmune disorder affecting the peripheral nervous system, she was sent from her hometown in Isle, Minn., to Abbott Northwestern for specialized care and treatment. "There I sat, faced with a scary disease that has significantly varying outcomes," she explained. Hospitalized and away from her home and daughters, she struggled to keep a positive attitude.

It was not her family's first time dealing with a scary and uncertain medical diagnosis. Six years earlier, Benjamin's oldest daughter had suffered a stroke at 5½ weeks of age and had defied all odds to not only survive, but thrive. "I knew that she had the strength to fight for me, so I wanted to fight for her," said Benjamin. "Throughout my healing process I had worries and doubts, but I always let the thought of my daughter keep my belief and hope in the healing process alive and it reminded me to stay positive even in the worst situations."

At Abbott Northwestern, Benjamin's nurses referred her for an integrative health consult. Mollie O'Brien, NTCMB, MA, integrative health practitioner, met with Benjamin to discuss her sudden illness and the anxiety and stress that accompanied it. "Adrienne demonstrated an amazing sense of resilience," said O'Brien. "She explained to me that her strength and resilience comes from her daughter's illness and miraculous healing. I then worked with her to identify where she stores her strength and positive attitude in her body. We worked to tap into and grow these resources, which proved to play a pivotal role in her recovery."

O'Brien brought Benjamin an inpatient art kit, made possible through the George Institute's

"Nights and days away from my family were difficult and the art gave me an avenue to vent feelings and alleviate stress by keeping my mind focused on something meaningful and positive."

Art of Healing program, and gave Adrienne an opportunity to draw a series of three pictures. O'Brien explained that the first picture should depict "Where I am now" with respect to my current medical situation. The second picture should represent "Where I want to be," and the third picture should represent "How to get there." "Drawing these pictures made me learn a lot about my own process of healing, and in the same sense helped me to heal," said Benjamin. "Nights and days away from my family were difficult and the art gave me an avenue to vent feelings and alleviate stress by keeping my mind focused on something meaningful and positive."

As O'Brien explains, art often makes personal transformation and healing easy and fun as opposed to scary and intense. "People may want to make changes in their lives with respect to health and wellness, but can't always see how to get from point A to point B," said O'Brien. "Art often helps them express the wisdom present in their subconscious mind. Drawing can help patients visualize their own healing path and that in itself helps the transformation or healing to manifest."

Even with her Guillain-Barré syndrome diagnosis, which often affects fine motor skills, Benjamin found the strength to draw the three pictures that captured her healing journey. "I believe that my positive attitude and constant belief in the power of that helped, and even sped up, my healing process and allowed me to achieve my goal of being healthy again and home with my family where my circle of healing is complete," said Benjamin.

Benjamin found art a profound part of her healing process. The first picture at the right symbolizes the trapped feeling that Benjamin had as depicted in the barricade between her family and herself. The image of the sun signifies her positive outlook and the possibilities of healing, even in the midst of the rain.

The second picture signifies the thought of home, the flowing circle of life, love and family, or feeling whole again.

The third is a drawing of Benjamin's "letting go and trusting my faith and belief of healing that would bring me back to where I want to be." Adrienne explained that she needed to let go, "ride the wave" and trust in her healing ability and process, which would eventually reunite her with her family.

Artwork by Adrienne Benjamin



"Where I am now"



"Where I want to be"



"How to get there"

The Art of Healing continued

Over the past five years, the *Art of Healing* has also added a monthly visual arts exhibit, arts-based programming focused on the community, classes and events that explore the healing aspects of the arts, and art care for patients to explore art as a healing tool during their hospitalization. The *Art of Healing* also focuses on caring for the caregiver through a series of classes designed to support Abbott Northwestern employees and volunteers in the art of self-care including visual journaling, the meditative aspects of painting and movement.



Megan Hatch serves as the *Art of Healing* program coordinator. A visual artist, dancer and yoga instructor, Hatch's passion is to bring together the arts and healing for the benefits of patients and staff. Through partnerships

with community organizations including the Women's Artists Registry of Minnesota, the Minnesota Textile Center, East African Women's Center and more, the program has expanded its reach beyond the Abbott Northwestern campus. "Our goal is to grow partnerships like these, which help us expand on our distinctive, healing environment that is responsive to our community," said Hatch. "For our patients, art and experiencing art is often an important part of their healing process."

Six times each year, the George Institute invites two or more local artists to display artwork that communicates visions or experiences of health, healing and spirit. This work is exhibited in two gallery spaces located in the Outpatient Clinic and the near the LiveWell Fitness Center. "The impact that the artwork has on patients is moving," stated Hatch. "Our patients and staff interact with art in a way that they don't usually do in a museum or gallery. It becomes part of their experience of wellness."

Jayson King, RN, NCTMB, HNB-BC, nurse clinician with the George Institute, finds that art is often a positive, creative and constructive part of a patient's hospital experience. Through the *Art of Healing* program, identified patients are supplied with an art kit, which they use for art or writing. "I tell patients that art can be an act of healing," explained King. "It may be a way for them to work through stress or to shift the way they look at an illness and healing of their mind, body and spirit."

"Our patients and staff interact with art in a way that they don't usually do in a museum or gallery. It becomes part of their experience of wellness."

Society for Arts in Healthcare to Hold its 20th Annual International Conference in Minneapolis

From April 28 to May 1, the George Institute will participate in the Society for Arts in Healthcare's International Conference in Minneapolis. The conference is open to anyone interested in learning more about the role of the arts in health care.

For more information on the Society for Arts in Healthcare's conference, visit thesah.org. For more information on the George Institute's *Art of Healing* program, visit abbottnorthwestern.com, click on "Services and Programs," and follow the arts program link on the George Institute's Web site.

The Minneapolis–St. Paul region has long been known for its vibrant arts scene and a community commitment to arts and culture. Abbott Northwestern's *Art of Healing* program is supported by the financial generosity of the community. To make a donation or to learn more, call the Abbott Northwestern Hospital Foundation at 612-863-4126.

Class Registration

OUR LOCATION

The Penny George Institute for Health and Healing is located on the southeast corner of East 28th Street and Chicago Avenue in Minneapolis. At this corner, our entrance is located in the parking ramp lobby. For parking, access the parking ramp at East 28th Street and Chicago Avenue, entering and exiting on the 28th Street entrance.

REGISTRATION

Pre-registration is required for all classes. To register, fill out the form and mail or fax with your payment to the George Institute. You may also register and pay by phone.

REFUND POLICY

Payment at the time of registration is required to reserve your spot in the class. If a class is canceled due to low enrollment, we will notify you and refund your payment. If you register and notify us one week before the start date that you cannot attend, we will refund your payment in full. No partial refunds or class substitutions are allowed.

EDUCATION CREDITS

Continuing Education Credits (CEU) are available for select classes. Refer to individual class listings for CEU options.

For detailed directions to your class or event, call 612-863-3333 or visit abbottnorthwestern.com.



Registration Form



Penny George Institute
for Health and Healing

To register, please fill out the form and mail, phone or fax to:

PENNY GEORGE INSTITUTE FOR HEALTH AND HEALING

Abbott Northwestern Hospital
800 East 28th Street
Mail Route 15115
Minneapolis, MN 55407
Phone: 612-863-3333 Fax: 612-863-9019

Name _____

Address _____

City, State, Zip _____

Phone _____

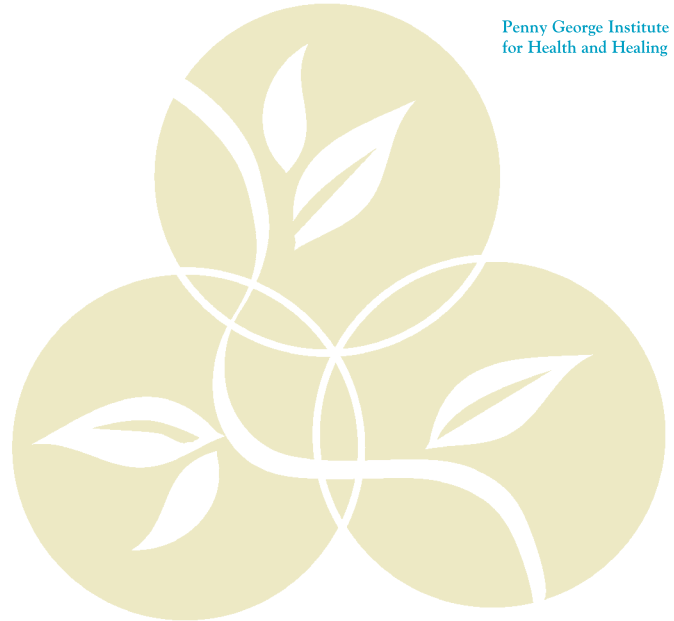
Amount Enclosed _____

Payment (circle one) Cash Check Visa MC Discover AmEx

Credit Card # _____ Exp. Date _____

Cardholder Signature _____

Make check payable to the Penny George Institute for Health and Healing.



Writing to Heal April 22, 29 and May 6 (\$50)

Drum Circle April 15 (\$10) May 20 (\$10) June 17 (\$10)

Beginning Gentle Yoga Starts April 21 (\$109)

Yoga for Work April 12-26 (\$40)

Mindfulness-Based Stress Reduction

Starts April 5 (\$300) Starts Oct. 4 (\$300)

Transformation to Motherhood:

A Mind, Body, Spirit Approach April 17 (\$40)

Couples Massage June 7 (\$60 per couple)

Understanding and Healing the Effects of Trauma

April 24 (\$79)

Introduction to Ayurveda May 27 (\$35)

From the Penny George Institute for Health and Healing

The Penny George Institute for Health and Healing is supported by the financial generosity of the community. To make a donation to the George Institute, call the Abbott Northwestern Hospital Foundation at 612-863-4126.

LiveWell Fitness Center Classes

TAKE ACTION PROGRAM FOR WEIGHT MANAGEMENT

Spring group sessions meet on Tuesdays beginning April 20 from 4-5 p.m. or Thursdays starting April 22 from noon-1 p.m.

Take Action is a highly successful program for people who want to lose weight and keep it off. Choose between a 12-week group program or an individual, one-on-one approach. For the individual approach, the program offers flexible scheduling for the personal coaching education sessions. Participants will meet each week with a registered dietitian, fitness expert or a wellness coach. In the group approach, you will meet at an established, set time for group educational sessions.

Both programs include an initial fitness profile, personal nutrition consultation, resting metabolism measurement, Bod Pod body composition measurement and wellness coaching sessions. A comprehensive Take Action manual is included as an ongoing reference and support tool.

**Fee for group program: \$299 member,
\$349 non-member**

**Fee for individual program: \$525 member,
\$559 non-member**

PILATES REFORMER TRAINING

Pilates Reformer Training consists of a series of exercises, performed on a unique piece of equipment called a reformer. Individual programs are designed to strengthen, stabilize and balance muscles of the core, shoulder, pelvis and other major joints while lengthening and mobilizing tight muscles and joints. The low-impact exercise will help to transform your body in appearance and function by improving postural stability, flexibility and muscle balance while engaging the mind-body connection.

Personalized, one-to-one sessions are led by a Stott®-certified reformer instructor, who will customize and modify for your individual exercise level. New participants will complete an introductory package, which includes a 60-minute assessment and three 30-minute individual, follow-up sessions.

**Fee for beginner's package: \$165 member,
\$175 non-member**

After completing the beginner's package, you may purchase single 60-minute sessions or packages.

**Fee for single session: \$65 member,
\$75 non-member**

**Package of three: \$185 member,
\$215 non-member**

**Package of six: \$335 member,
\$385 non-member**

