While medicine cures the body, creativity heals the soul. The Bay Area is teeming with creative activities. If you are one of those who have ever said “I am not creative”, check out some of the following places and you may awaken the creative self that is waiting for its debut.

Being an observer is a great way to start. Hot Glass Cold Beer is a monthly event at Public Glass (1750 Armstrong Ave, SF). For a $25 donation, you can select a hand-blown glass made by the students, staffs and faculty there. Enjoy the glass blowing and flameworking demonstrations by feature artists while sipping beer or wine with your one-of-a-kind glass. Public Glass is a nonprofit glass studio that offers blowing, casting, fusing and flameworking classes. One-day introductory workshops are scheduled on the weekends.

Similar to Hot Glass Cold Beer, Bowlicious is an annual event at Ruby’s Clay Studio (552A Noe St, SF). With a donation, you can select a clay bowl made by Ruby’s artists and students to enjoy free ice-cream, tour the studio and social with the artists during the event. Visitors are welcome to observe potters at work during business hours. You may even get a chance to witness Maria Wamsley, MD (Department of Medicine) getting her hands dirty! Across the bay, The Crucible (1260 7th St, Oakland) offers a variety of industrial art classes including blacksmithing, welding, woodworking and many more. During their Spring and Fall Open House, demonstrations are available in all classrooms. Don’t be alarmed if you see fire flying around because fire dance performers wander around the facility during open houses!

If your finger is itching and is ready to get to work, here are a few of my favorites. The Institute of Mosaic Art (805 Allston Way, Berkeley) has everything you want to learn about contemporary mosaic. Classes are available in all skill levels. Most classes are weekend long but the addiction can be lifelong (talking from experience). There are also exhibitions all year round. If mosaic is too much of a commitment, Workshop (1798 McAllister St, SF) has something for everybody – screen printing, beer making, pickling, sewing etc. The majority of their workshops are few hours long. Besides weekends, they have evening workshops for those who are fortunate to have an 8-5 job. SCRAP (801 Toland St, SF) is a place that sparks your imaginations! It is a nonprofit reuse center. All materials are donations of reusable. It is a resource center for many teachers and artists. They have very affordable workshops on Saturday. The first part of the workshop often starts by students going out hunting for their own materials in the facility. Everything is possible at SCRAP! SCRAP's Art Show during the holiday seasons is one of the most inspiring exhibitions.

A couple of the museums in San Francisco have workshops that are free with museum admission. Asian Art Museum (200 Larkin St, SF) has workshops all year round including drawing, ikebana, Japanese tea. There are family activities and workshops for kids as well. Museum of Craft and Design (2569 Third St, SF) has an Etsy Meet & Make Craft Lab about once a month. The lab is taught by local artists and the projects are quick and easy. It's great for a night out with a small group of friends or with a date.

Creativity can happen at any time in our daily life. Even if you have no desire to “create” something, you can support the local artists by visiting them at craft fairs and open studio. Learn about their works and the stories behind them. They may inspire you to make small creative changes in your life. There are many shops and galleries in the Bay Area that features local artists. Just to name a few, Foggy Notion in Inner Richmond, Park and Pond in North Beach, Studio Gallery in Nob Hill and City Art in Mission. Some of these are run by artists.