



Wellness: Slow Stitch Your Story Quilt Block

Instructor Name: Naomi J. Falk

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Most supplies needed may be purchased from the instructor on the first day of class. Additional supplies may be found at Who Gives a Scrap or online at DickBlick.com, DharmaTrading.com, or Amazon. You are welcome to bring your own fabrics or old clothing to cut up and use in your quilt blocks, along with preferred fabric scissors and embroidery scissors, tailors chalk, and water-soluble marker. If you want to use binding tape to finish your quilt block, please purchase it before the 3rd class, or you can finish the block without binding it.

Supplies participants need to bring to class:

[Thimbles that fit you](#) (silicon or metal): \$5 - 15

Binding tape (not needed right away) to match your work (or you can use a binding technique without binding tape)

Purchase before class: Total estimated cost \$5 - 15

Provided by instructor, purchase from instructor on first day:

Cotton fabric	\$6
Communal Perle Cotton size 8	\$4
Milliner Needles size 3 or size 7-9 Embroidery Needles	\$2
Glue sticks	\$1
Water soluble marker	\$1
Tailor's Chalk	\$1
Safety pins	\$1

Purchased from Instructor: Total estimated cost \$16

Please email the instructor with any questions regarding supplies.

In case you are unable to attend class, consider purchasing supplies that are returnable.