



Take a Quilting Class to Improve Your Health and Wellness

Paducah, KY., January 9, 2026 – If your New Year’s resolution includes getting healthy, you may want to consider taking a quilting class at The National Quilting Museum. There are numerous health and wellness benefits associated with quilting.

The American Psychological Association states that individuals can reduce stress through creative interests, such as sewing and quilting, which increase serotonin in the body and brain, promoting happiness, supporting good sleep, and reducing anxiety. Harvard Medical School touts sewing hobbies, such as quilting, as activities that strengthen eye-hand coordination. Or maybe you want to have some fun and learn something new? Quilting is the perfect antidote.

Starting January 19th, The National Quilt Museum is offering an Adult Beginner Class: *Bear Paw*. This six-week beginner class meets once a week and is for adults aged 18+ interested in learning the basics of quilting or in increasing their skills. [Click here](#) for more details and registration.

Or take a class with a quilting star at The National Quilt Museum and learn from the pros. These classes are for quilters of varying levels, beginning with Charles Cameron: *Crooked Crosses & Bent Boxes*, March 12-14, 2026. This workshop is for all levels and includes hands-on instruction for each step of the Crooked Crosses and Bent Boxes quilt pattern. [Click here](#) for more details and registration.

For the intermediate level and above, the three-day workshop Latifah Saafir: *Half Rectangle Triangle Design School*, July 23-25, 2026, will help participants build a “design vocabulary” of HRT-based blocks and explore how color, scale, and proportion transform them into show-stopping quilts. [Click here](#) for more details and registration.

Advanced beginners and above may be interested in the workshop Paula Nadelstern: *The Full Kaleidoscope: Sixty Thirty Plus Sunstar®*, held October 1-3, 2026, where they will learn how to create a unique and fabulous kaleidoscope block. [Click here](#) for more details and registration.

For more information, contact Becky Glasby, Director of Learning and Engagement at The National Quilt Museum at (270) 442-8856 ext. 213 or bglasby@quiltmuseum.org.

The National Quilt Museum is located at 215 Jefferson Street in Paducah, Kentucky, and is open daily from 10 a.m. to 5 p.m. Monday through Saturday and 1 p.m. to 5 p.m. on Sunday. Tickets may be purchased online or upon arrival. Complimentary parking is available onsite. Admission is \$15 for adults, \$13 for seniors (62 and older) and military, \$5 for students, and complimentary for children under 12 with a paying adult and members. For tickets and additional information, visit quiltmuseum.org or call 270-442-8856.

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About The National Quilt Museum

The National Quilt Museum (NQM) is America's premier Quilt Museum, having received the National Designation by a congressional declaration in 2008. The museum collects and presents the finest work made by today's quilters in America and worldwide. It provides national-class cultural services to diverse communities, both near and far, through exhibitions, educational programs, support of artists, and tourism development. The museum includes multiple galleries and an on-site gift shop.

NQM Social Media

Instagram: [instagram.com/nationalquiltmuseum](https://www.instagram.com/nationalquiltmuseum)

Facebook: www.facebook.com/NationalQuiltMuseum

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