

# ArtsUplift:

## Art and Wellness Events for the Cancer Community

cincinnati art museum

# RIDE

## CINCINNATI

Each study participant must register for and attend at least four different programs of those listed below. We encourage study participants to attend varied experiences, choosing one program representing each of the four pillars of health: physical, intellectual, emotional and spiritual. Listed below are the qualifying programs for the study. Additional program dates may become available. A full list of programs and registration information will be sent to selected participants at the end of June. Email [wellness@cincyart.org](mailto:wellness@cincyart.org) if you have any questions.

**The programs on this page are reserved for Arts Uplift study participants.**

### Dance to Renew

Select Thursdays and Saturdays

This series, intended for cancer survivors and people living with cancer, explores connections between transitioning bodies, movement and creativity. Participants will warm up with gentle choreography by the Dancefix Foundation in the Marek Family Commons, then be led to the galleries for a kinetic art-making experience. Each session will focus on movements that will allow visitors to move their changing body with intention through reflection prompts and creative expression.

July 16, 6-7:30 p.m.

August 20, 6-7:30 p.m.

September 5, 1-2:30 p.m.

December 19, 1-2:30 p.m.



EMOTIONAL



PHYSICAL

### In-Gallery Support Sessions

Select Thursdays 5:30-7 p.m.

Each support session is led by museum staff and a trained peer with shared experience. The facilitator prompts a discussion about artwork and emotions in the museum's galleries. After establishing a safe space, attendees are encouraged to share their own experiences using art as a vehicle for discussion.

July - "People living with cancer"

August - "Cancer care survivors"

September - "Cancer care providers"

October - "Caregivers to loved ones with cancer"



EMOTIONAL



SPIRITUAL

### VIP Adult Experience

Select Saturday afternoons 11 a.m.-3 p.m.

Designed for adult participants (age 13+) and a loved one of their choice, this experience begins with a behind-the-scenes tour of museum storage, followed by a free lunch (up to \$40) in the Terrace Café. After lunch, participants are invited to a mindful art-making workshop using clay or other 3-D materials.

September 19

October 17



EMOTIONAL



INTELLECTUAL

### VIP Family Experience

Select second Saturdays, 10 a.m.-1 p.m.

Designed for families with children ages up to age 12, this program starts with a hands-on multi-sensory tour. After the tour, sit for a quick family portrait with a local artist. Next families will enjoy a free boxed lunch (up to four boxed lunches per family) during the CAM Kids Day interactive performance in the Marek Family Commons. Families are welcome to stay all day to enjoy CAM Kids Day art-making activities ending at 3 p.m.

October 3

November 7



EMOTIONAL



INTELLECTUAL

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**The programs on this page are open to the public as well as study participants.**

### Art in Motion

Select Sundays, 1-2 p.m.  
Join facilitators from Pones Inc. for an inclusive movement class engaging adults of all abilities. This vibrant, accessible, and expressive session combines movement and art in a relaxed environment. Please enter through the Dewitt Entrance and meet in the Marek Family Commons for the class.

July 19  
September 13  
November 8



PHYSICAL    EMOTIONAL

### Make and Meditate

Select Second Thursdays, 6-7:30 p.m.  
This mindful-making series combines creativity and wellness. Each month, join local artist Charity Rust-Jordan for a meditation in the galleries followed by an easygoing art-making experience.

July 9  
August 13  
September 10  
October 8  
November 12  
December 10



SPIRITUAL    EMOTIONAL

### Member yoga

Tuesdays, 5:30-6:30 p.m. and Sundays, 10-11 a.m.  
Join Julie Isphording, local Cincinnati and long-distance runner who competed in the 1984 Olympics, for this member opportunity! Stretch and flow on Tuesday evenings and Sunday mornings in the Marek Family Commons. Be kind to your body and reset your mind. Come early and roam the galleries before class on Tuesdays or visit the museum afterwards on Sundays. These sessions are an opportunity to connect not only with yourself and your body but also with other CAM members.



PHYSICAL    SPIRITUAL

### Meditate with Art

Select Second Saturdays, 11 a.m.-noon  
Join this artful meditation practice with facilitators from the Dharma Center of Cincinnati and connect with your inner peace. Meet at the yellow couches in the Schmidlapp Gallery (Gallery 151) and then be guided by the meditation instructor to a gallery where the meditative experience takes place.

July 11  
August 8  
September 12  
November 14



INTELLECTUAL    EMOTIONAL    SPIRITUAL

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**Mindful Poetry with the Well**

Select Thursdays 6-7 p.m.  
Join The Well at the Cincinnati Art Museum for a free Mindful Poetry workshop to deepen your connection with art, ourselves, and community. The Well is holding space at the Cincinnati Art Museum for art enthusiasts, poetry lovers, and anyone who wishes to nourish their connection with each other for an potent hour of community and creativity. The format is simple. In each session, we meditate, consider a single piece of artwork, receive a writing prompt, and then share with the group. For anyone who wishes to slow the world down and find meaning and connection

- September 17
- October 15
- November 19
- December 17



INTELLECTUAL



EMOTIONAL



SPIRITUAL

**Therapeutic Art Workshop**

Select Second Saturdays, 1-2:30 p.m.  
This wellness series for adults explores how art can support healing and increase well-being. Museum staff and Charlotte Reed, Executive Director of Art Equals, lead participants on a gallery tour focusing on works of art that explore how we experience emotions. Afterward, the group heads to the classrooms to make an expressive artwork inspired by the feelings elicited by the works seen in the galleries.

- September 12 - Meditative Practice
- November 12 - Loneliness



INTELLECTUAL



EMOTIONAL

**See the Story Book Club**

Select Saturdays 11:30 a.m.-1 p.m.  
Select Sundays 10:30 a.m.-noon  
Do you love to read? Love art? Join librarians from the Cincinnati & Hamilton County Public Library, along with a member of the CAM team, for this bi-monthly book club. See the Story combines authors' works from around the world (both fiction and non-fiction) with artwork on view in the galleries and exhibitions. Participants meet in the library to discuss the book of the month, then take a tour of related artworks. Join us and see the story!

- July 18 -19 - The Stolen Queen by Fiona Davis
- September 19-20 - Luncheon of the Boating Party by Susan Vreeland
- November 21-22 - We Bought a Zoo by Benjamin Mee



INTELLECTUAL



EMOTIONAL

**Mind Body Art with the Well**

First Thursdays, 6-7 p.m.  
Explore the intersections of mental health, wellness, and art in this monthly gallery experience. Join a Self-Advocate from Project CARE, a program within the YWCA Greater Cincinnati, and a mindfulness expert from The Well for a discussion about art and mental health, followed by a healing meditation or mind-body practice.

- August 6
- September 3
- October 1
- November 5
- December 3



SPIRITUAL



EMOTIONAL