

For Immediate Release

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EVENT HIGHLIGHTS LINKS BETWEEN EMOTIONAL AND MENTAL HEALTH AND THE ARTS

Bloomington, Indiana: The second annual Art of Mental Health weekend takes place on November 30 and December 1, 2007. These public events emphasize the dynamic relationship between the arts and mental health. A co-project of the Center for Behavioral Health and Mental Health America (MHA) of Monroe County, The Art of Mental Health includes a free community dance featuring the O2R blues band, an afternoon of free workshops, and an exhibit of art created by people who have dealt with mental illness.

The weekend culminates with *Lighten Up*, stories, songs, and humor by prominent Bloomingtonians, including Malcolm Dalglish, Joe Lee and Sam Bartlett and others - a benefit for Mental Health America of Monroe County, a United Way agency. MHA is the country's leading nonprofit dedicated to helping all people live mentally healthier lives.

With these events, we share and celebrate the connections between emotional well-being and creativity and reduce the stigma and fear surrounding those with mental and emotional challenges.

Also lending their support are Eli Lilly Educational Grant, WFIU radio, WFHB radio, Bloomingfoods, Bloomington Hospital, Bloomington Iron and Metal, Meadows Hospital, and our generous artists, performers, and presenters.

Art of Mental Health EVENTS

Friday, November 30

7:00 pm

Opening Reception for Art of Mental Health Exhibition, with art works by people who have dealt with mental illness.

First United Methodist Church, 219 E. 4th St., Bloomington, Ind.

Friday, November 30

7:30–10 pm

Dance the Blues Away, with O2R blues band. Free and open to the public.

First United Methodist Church, 219 E. 4th St., Bloomington, Ind.

Saturday, December 1, 1–5 pm

Art of Mental Health free workshops, including *Writing as a Way of Healing*, led by Beth Lodge-Rigal; *Creating for Mental Health*, with Cara Knight, MAAT, art therapist; *Behind the Art*, facilitated by Shana Ritter; *I've Got Rhythm*, with Malke Rosenfeld and Sam Bartlett; *Yoga: Creating Balance*, with Debby Harris; and *Food for Any Mood*, provided by Bloomingfoods Cooperative Grocery and Deli. Free and open to the public.

First United Methodist Church, 219 E. 4th St., Bloomington, Ind.

Saturday, December 1, 7:30 pm

Lighten Up: Songs, Stories, and Stunts, a benefit for Mental Health America of Monroe County at Tutto Bene Wine Café, 213 S. Rogers St., Bloomington, Ind.

Tickets are \$25/\$45 for two, available in advance by calling 812-339-1551.