HEALING ARTS CHICAGO SUMMER CELEBRATION



An Arts x Health x Wellness Summit



Workshops, Conversations & Experiences! Food, Resource Fair & Arts Activities!



FEATURING: ANDRE ROYO (THE WIRE) DR. SEKILE M NZINGA (SAIC) CHRIS APPLETON (ART PHARMACY) WINDY CITY RAMBLERS AVERY R. YOUNG EMILY LANSANA HAC ARTIST COHORT AND MORE!

July 27th 2024 10:00am - 5:00pm FREE & OPEN TO THE PUBLIC

MALCOLM X COLLEGE 1900 W Jackson Blvd













OPENING SESSION

10^{AM} - 11^{AM} | Auditorium

ARTISTS:

- Shannon Harris
- Mecca Perry

HOST:

Shannon Harris

SPEAKERS:

- Clinée Hedspeth, DCASE Commissioner
- Meida McNeal, DCASE
- Alisha Warren, CDPH
- Dr. Gloria West, Malcolm X College

PARALLEL SESSION #1

11:10^{AM} - 12:10^{PM}

WORKSHOP:

Poetic Expression

with Nile Lansana

a creative exploration immersing participants in the exciting craft of poetry and spoken word resulting in poetic pieces they will take out into the world

Classroom 1103

CONVERSATION:

How can intergovernmental collaboration support the creative workforce?

- Meida McNeal, DCASE
- Alisha Warren, CDPH
- Elizabeth Gmitter, City Colleges of Chicago
- · Clyde Valentin, Arts for Everybody
- . Moderator: Kaoru Watanabe

Conference Hall C

EXPERIENCE:

Easy and Impactful Approaches to Holistic Health

by Kiam Marcel Junio

an experiential approach to learning, sensing, and intergrating the four dimensions of health and wellbeing: body, emotions. mind, and spirit

Conference Hall A

PARALLEL SESSION #2

WORKSHOP:

Exploring Identity & Gratitude through Art & Poetry

with Kadijat Alaka + Shalom Parker

a workshop using guided poetry and reflective art for enhanced reflection on identity and gratitude

Classroom 1103

CONVERSATION:

How can we expand existing health systems to include the arts and artists?

- Susan Imus, Columbia College
- DeShawna Hill-Burns, Malcolm X College
- Francisco Rodriguez, CDPH
- Teresa Berumen, ILCHWA
- Moderator: Veronica Sek

Conference Hall C

12:25^{PM} - 1:25^{PM}

Move through Sound

EXPERIENCE

by Chih-Jou Cheng and Mecca Perry

a transformative experience that blends gentle movement, the power of sound healing, and introspection

Conference Hall A

PARALLEL SESSION #3

WORKSHOP:

Chair Yoga

with Gail Joy

a class focusing on integrating gentle movements with mindful breathing techniques to enhance relaxation, reduce stress, and improve overall well-being

Conference Hall A

CONVERSATION-

How can the arts serve as social prescription?

- Shalom Parker, HAC
- Stephanie Jones-Horne, CDPH
- Chris Appleton, Art Pharmacy
- Moderator: Pascale Ife Williams

Conference Hall C

1:40^{PM} - 2:40^{PM}

EXPERIENCE:

Afrofuturism Movement

by Shannon Harris

featuring Ytasha Womack

Music mindfulness meets medicinal movement in a secret rooftop garden

Learning Garden (3rd Floor)

PARALLEL SESSION #4

WORKSHOP-

Self-Attunement to Prevent Burnout

by Farah Salem

a session utilizing Somatic Experiencing® exercises and art therapy tools for calf_attunament

Conference Hall A

(limited to 12 participants)

CONVERSATION:

How can the arts ecosystem integrate health and wellness?

- Melissa Raman Molitor, SAIC
- Kevin lega Jeff, Deeply Rooted
- Sarah Ward, Sky Art
- · Moderator: Lisa Moore

Conference Hall C

EXPERIENCE

A Prescription for Wellness with Nile Lansana and Jewel Hale

2:55PM - 3:55PM

featuring performances by:

avery r. voung, Zahra Baker, Emily Hooper Lansana, Khiry Johnson, Arlieta Hall, Mekeba Malik, and OutPastMidnight

Auditorium

CLOSING SESSION

MCs:

Nile Lansana and Jewel Hale

SPFAKERS-

Meida McNeal, DCASE Pascale Ife Williams, HAC Alisha Warren, CDPH

KEYNOTE **CONVERSATION:**

Dr. Sekile M. Nzinga and Andre Rovo

..... 4:00PM - 5:00PM

MUSICAL PERFORMANCE

Windy City Ramblers



RESOURCE FAIR

Healing Arts Chicago's community partners share arts x health x wellness resources.

Hallway



WANDERING PUPPET CHIH-JOU CHENG

This wandering creature embarks on a ceaseless quest, gathering forgotten tales and treasures along its path. Take a moment to assist this brave traveler, or simply join in a reflective pause amidst its journey of discovery.



FOOD TRUCKS

Eniov and support local food businesses

Outdoors on Wolcott



LIVE SCREEN PRINTING NATALIA CIIFVAS

Join us in commemorating the Healing Arts Chicago Summit by learning the basics of screen printing and making your own tote bag!

Classroom 1101



ISSA WELLNESS BREAK LADV SOL & JAOHANDA

Engage your mind, body & spirit as we move through a gentle stretch, meditation, and simple follow-along dance/mvmt sequence set to Afro-Caribbean music vibes

> Classroom 1102 at 12pm, 1pm, 2pm, 3pm



GROWING TOGETHER HOLIDAY GERRY

Contribute to this mural of a magnificent garden with a painting of a beautiful bird or visual element symbolizing our growth as artists and a community.

Classroom 1101



IN COLLABORATION WITH NORTH RIVER CLINIC COMMUNITY

An interactive piñata-sculpture blending symbols of health and medicine across cultures to pay tribute to the shared histories of North River Village and the greater Chicago community.

ONGOING ACTIVITIES



LEARN MORE

10am

OPENING SESSION Auditorium

11:10 - 12:10

Workshop: Poetic Expression Classroom 1103

Conversation:

Intergovernmental Collaboration Conference Hall C

Experience:

Approaches to Holistic Health Conference Hall A

12-25 - 1-25

Workshop:

Exploring Identity & Gratitude through Art Classroom 1103

Conversation:

Expanding Healthcare Systems Conference Hall C

Experience:

Move through Sound Conference Hall A

1.40 - 2.40

Workshop:

Chair Yoga Conference Hall A Conversation:

Arts as Social Prescription Conference Hall C

Experience:

Afrofuturism Movement Learning Garden (3rd Flr)

2:55 - 3:55

Workshop:

Self-Attunement Conference Hall A

Arts Ecosystem and Wellness Conference Hall C

Experience:

Performance Showcase Auditorium

4pm

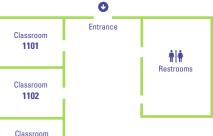
CLOSING SESSION

Auditorium

Ongoing:

Arts Activities & Resource Fair Hallwav

Food Trucks Outdoors on Wolcott





MALCOLM X COLLEGE 1900 W Jackson Blvd, 60612



1103 Hallway

Stage

Auditorium

Conference Hall C 1106

Conference Hall B 1107

Conference Hall A 1108











