

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

10AM – 11AM | 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

11:10AM – 12:10PM

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 integrating the four dimensions of health and wellbeing: body, emotions, mind, and spirit

Conference Hall A

PARALLEL SESSION #2

12:25PM – 1:25PM

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 Seka

Conference Hall C

EXPERIENCE:

Move through Sound

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

1:40PM – 2:40PM

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

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

2:55PM - 3:55PM

WORKSHOP:

Self-Attunement to Prevent Burnout

by Farah Salem

a session utilizing Somatic Experiencing® exercises and art therapy tools for self-attunement

Conference Hall A

(limited to 12 participants)

CONVERSATION:

How can the arts ecosystem integrate health and wellness?

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

Conference Hall C

EXPERIENCE:

A Prescription for Wellness

with Nile Lansana and Jewel Hale
featuring performances by:

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

Auditorium

CLOSING SESSION

4:00PM - 5:00PM

MCs:

Nile Lansana and
Jewel Hale

SPEAKERS:

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

KEYNOTE

CONVERSATION:

Dr. Sekile M. Nzinga and
Andre Royo

MUSICAL PERFORMANCE:

Windy City Ramblers



RESOURCE FAIR

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

Hallway



FOOD TRUCKS

Enjoy and support local food businesses

Outdoors on Wolcott



ISSA WELLNESS BREAK

LADY SOL & JAQUANDA

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



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.



LIVE SCREEN PRINTING

NATALIA CUEVAS

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

Classroom 1101



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



PIÑATA INSTALLATION

NATALIA CUEVAS

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



SCAN HERE TO
LEARN MORE

10am	OPENING SESSION <i>Auditorium</i>		
11:10 - 12:10	Workshop: Poetic Expression <i>Classroom 1103</i>	Conversation: Intergovernmental Collaboration <i>Conference Hall C</i>	Experience: Approaches to Holistic Health <i>Conference Hall A</i>
12:25 - 1:25	Workshop: Exploring Identity & Gratitude through Art <i>Classroom 1103</i>	Conversation: Expanding Healthcare Systems <i>Conference Hall C</i>	Experience: Move through Sound <i>Conference Hall A</i>
1:40 - 2:40	Workshop: Chair Yoga <i>Conference Hall A</i>	Conversation: Arts as Social Prescription <i>Conference Hall C</i>	Experience: Afrofuturism Movement <i>Learning Garden (3rd Flr)</i>
2:55 - 3:55	Workshop: Self-Attunement <i>Conference Hall A</i>	Conversation: Arts Ecosystem and Wellness <i>Conference Hall C</i>	Experience: Performance Showcase <i>Auditorium</i>
4pm	CLOSING SESSION <i>Auditorium</i>		
Ongoing:	Arts Activities & Resource Fair <i>Hallway</i>	Food Trucks <i>Outdoors on Wolcott</i>	

