

# HEALING ARTS

# CHICAGO

# SUMMER CELEBRATION

July 27, 2024

An Arts x Health x Wellness Summit

On July 27, 2024, Healing Arts Chicago will host a city-wide celebration and creative summit featuring artists, leaders, arts organizations, and health institutions, in a day of making, learning, and discussing through workshops, conversations, performances, and interactive experiences. This free community event will include conversations exploring the future of art, health, and wellness as well as art-making, therapeutic dance, sound and poetry workshops, chair yoga, food vendors, puppets, pinatas, and more.

REGISTER HERE: [hac-summer-celebration.eventbrite.com](https://hac-summer-celebration.eventbrite.com)

MALCOLM X COLLEGE  
1900 W Jackson Blvd

10:00am - 5:00pm

FREE & OPEN  
TO THE PUBLIC

|               |  |   |   |   |
|---------------|--|---|---|---|
| 10am          | OPENING SESSION  |   |   |   |
| 11:10 - 12:10 | <b>Workshop:</b><br>Poetic Expression                          | <b>Conversation:</b><br>Intergovernmental Collaboration | <b>Experience:</b><br>Approaches to Holistic Health | <b>Ongoing:</b><br>Arts Activities, Resource Fair, Food |
| 12:25 - 1:25  | <b>Workshop:</b><br>Exploring Identity & Gratitude through Art | <b>Conversation:</b><br>Expanding Healthcare Systems    | <b>Experience:</b><br>Move through Sound            |   |
| 1:40 - 2:40   | <b>Workshop:</b><br>Chair Yoga                                 | <b>Conversation:</b><br>Arts as Social Prescription     | <b>Experience:</b><br>Afrofuturism Movement         |   |
| 2:55 - 3:55   | <b>Workshop:</b><br>Self-Attunement                            | <b>Conversation:</b><br>Arts Ecosystem and Wellness     | <b>Experience:</b><br>Performance Showcase          |   |
| 4pm           | CLOSING SESSION  |   |   |   |

## OPENING SESSION

10AM – 11AM

### ARTISTS:

Shannon Harris  
Mecca Perry  
Erica Marie Serrano

### SPEAKERS:

Clinée Hedspeth, DCASE Commissioner  
Dr. Olusimbo (Simbo) Ige, CDPH Commissioner  
Meida McNeal PhD, DCASE  
Alisha Warren LCSW, CDPH  
Gloria West PhD, 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

### CONVERSATION:

How can intergovernmental collaboration support the creative workforce?

Meida McNeal PhD, DCASE  
Alisha Warren LCSW, CDPH  
Elizabeth Gmitter PhD, CCC  
Clyde Valentin, Arts for Everybody  
Moderator: Kaoru Watanabe RN

### EXPERIENCE:

Easy and Impactful Approaches to Holistic Health with Kiam Marcel Junio

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

## PARALLEL SESSION #2

12:25PM – 1:25PM

### WORKSHOP:

Exploring Identity & Gratitude through Art & Poetry with Kadijat Alaka LCPC + Shalom Parker LPC

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

### CONVERSATION:

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

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

### 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

## PARALLEL SESSION #3

1:40PM – 2:40PM

### WORKSHOP:

Chair Yoga with Erica Marie Serrano

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

### CONVERSATION:

How can the arts serve as social prescription?

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

### EXPERIENCE:

Afrofuturism Movement Experience with Shannon Harris featuring Ytasha Womack

music mindfulness meets medicinal movement in a secret rooftop garden

## PARALLEL SESSION #4

2:55PM - 3:55PM

### WORKSHOP:

Self-Attunement to Prevent Burnout  
by **Farah Salem LCPC**  
(limited to 12 participants)

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

### CONVERSATION:

How can the arts ecosystem integrate  
health and wellness?

**Melissa Raman Molitor ATR-BC, SAIC**  
**Kevin Iega Jeff, Deeply Rooted**  
**Sarah Ward LPC, Sky Art**  
Moderator: **Lisa Moore PhD**

### EXPERIENCE:

Performance: A Prescription for  
Wellness hosted by  
**Nile Lansana and Jewel Hale**

featuring performances by  
**avery r. young, Zahra Baker,**  
**Mekeba Malik** and more

## CLOSING SESSION

4PM - 5PM

### HOSTS:

**Nile Lansana** and  
**Jewel Hale**

### KEYNOTE TALK:

**Sekile M. Nzinga PhD**  
& **Andre Royo**

### MUSICAL PERFORMANCE:

**Windy City Ramblers**

### SPEAKERS:

**Meida McNeal PhD, DCASE**  
**Ife Williams PhD, HAC**  
**Alisha Williams LCSW, CDPH**



### RESOURCE FAIR

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



### FOOD TRUCKS

Enjoy and support local food businesses!



### ISSA WELLNESS BREAK WITH **LADY SOL**

Engage your mind, body & spirit as we  
move through gentle stretching and  
simple dance/mvmt sequences set to  
Afro-Caribbean music vibes.



### WANDERING PUPPET BY **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 WITH **NATALIA CUEVAS**

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



### GROWING TOGETHER WITH **HOLIDAY GERRY**

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



### PIÑATA INSTALLATION BY **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