



Art + Health:

Creative Practices for Individual and
Community Well-Being



Residency Program Highlights:



***Florence Nightingale:
The Reluctant Celebrity***
Mainstage Performance

Participatory Applied Improv
& Paint Along Workshops

Youth Melodrama &
Community Discussions

Art + Health Programs Enhance Well-Being, Resilience & Community Engagement

Research Based Benefits

Veterans & Trauma

- Social Connection & Resilience
- Mental Health & Well-Being (NEA / VA Studies)



Youth Development

- PTSD & Trauma Symptoms
- Confidence & Empathy (Wallace Foundation)



Community Well-Being

- Social Cohesion & Belonging
- Civic Engagement & Reflection (NEA / What Works Well-Being)