

"Project 3: Empowered by Artistry"

Family Day & Open House



Neermala Luckeenaran (Mauritius)
"The Sorrows of Women"

Saturday, September 13th from 1PM-4PM

\$5 per person

Join artists from the **Project 3: Empowered by Artistry** exhibit as they introduce visitors, through hands-on activities, to various types of art, including collage, t-shirt design, postcards to exchange across the globe, magnets; and meditative arts and global healing workshops.

Visitors are welcome to view the Project 3 exhibit as well as see the permanent exhibits in the Museum such as the suffrage banners, political cartoons, and learn about the woman's suffrage and equal rights movement in the United States.

[**RSVP here!**](#)

Project 3: Empowered by Artistry consists of a collaboration of local arts organizations dedicated to social justice issues, making a difference, both locally and globally, through individual creativity and fine arts. The exhibit features work from artists across the globe expressing the strength and power of women and raises money for the [Girls Gotta Run Foundation](#) and [Arts for Global Development](#).

The exhibit is available for viewing on Saturday between 11-4PM through September 13th.

Meditative Art-Making for Personal and Global Healing

1:00pm - 1:45pm: Workshop I: Art for Personal Healing

2:00pm - 2:45pm: Workshop II: Art for Global Healing

3:00pm - 4:00pm: Community Drawing: Radical Peace and Wellness

This three-part workshop examines how meditation and the visual arts can combine to create healing and development on a personal and global level. We will use art to explore how peace and wellness can be cultivated both internally and externally. Each segment consists of guided relaxation and imagery, followed by reflective drawings. The final segment is a community art creation, where participants are encouraged to share their ideas and energy in a collaborative effort. Each segment of the workshop can be taken separately, although it is highly suggested to stay for the full three hour.

Those interested in joining the meditative arts sessions should wear comfortable clothes and bring a yoga mat or pillow. The space is limited, so it will be first come first serve basis.