

STUDIO MONTCLAIR PRESENTS 'HEALING THROUGH ART'

March 30, 2017



The curative powers of art are the subject of a new exhibit of works from 26 artists, titled "Healing Through Art," on exhibit at the Montclair Public Library, 50 South Fullerton Ave., April 2-29. The exhibit is presented by Studio Montclair and Atlantic Health System, and features "highly personal work that highlights the importance of visual art's healing influence and its ability to improve an individual's mental, physical, and spiritual well-being," according to a release from Studio Montclair. Ania Lesiak, an artist who has been with Atlantic Health System's Healing Arts Program since 2013, co-curated the exhibit with Maria Lupo, a registered art therapist who is the healing arts manager for Atlantic Health System. Lesiak said in a release that "Studies have shown that creating art can reduce stress and anxiety, as well as foster positive emotions and connection to others." An opening reception and a panel discussion, moderated by Lesiak, will take place on Sunday, April 3, at 6 p.m. For more information, visit studiomontclair.org.