

# Adrienne Arsht Center

FOR THE PERFORMING ARTS OF MIAMI-DADE COUNTY

FOR IMMEDIATE RELEASE

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An Arsht Center Event



YOUR TICKET  
TO WELLNESS

PRESENTING  
SPONSOR



Nicklaus  
Children's  
Hospital

## ART + MIND DAY

Presented by Nicklaus Children's Hospital

With leadership support from The Children's Trust

Free, all-ages community event filled with music, dance, visual arts and  
immersive experiences that connect the mind, body and soul

July 22 from 12 p.m. to 5 p.m.

Free with RSVP

Knight Concert Hall and Ziff Ballet Opera House

**Miami – June 23, 2023** – The Adrienne Arsht Center for the Performing Arts of Miami-Dade County ([@arshtcenter](https://www.arshtcenter.org)) will host its inaugural [ART + MIND DAY](#) presented by Nicklaus Children's Hospital, a free event focused on the power that the arts have to inspire, heal and restore the mind and body. Scheduled for Saturday, July 22 from noon to 5 p.m., **ART + MIND DAY** will include free interactive arts workshops, demonstrations and

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performances designed to enhance well-being using self-expression as a creative outlet to convey emotions and release stress.

**ART + MIND DAY** is **FREE**, and all ages are welcome. Guests should RSVP online at [arshtcenter.org](http://arshtcenter.org), or at the Arsht Center box office by calling (305) 949-6722.

"The Arsht Center is proud to host its inaugural Art + Mind Day. We encourage all attendees to immerse themselves in the arts throughout the day. Engaging in creative activities like singing, painting, and music-making can provide therapeutic benefits such as lowering stress, anxiety and depression. The arts are a vital tool for community wellness," said Jairo Ontiveros, vice president of education and community engagement at the Arsht Center.

The Arsht Center's **ART + MIND DAY** is presented by Nicklaus Children's Hospital, in partnership with The Moss Center, and is supported by The Children's Trust. The Children's Trust is a dedicated source of revenue established by voter referendum to improve the lives of children and families in Miami-Dade County. Additional support is provided by The Frederick A. DeLuca Foundation, Miami-Dade County Department of Cultural Affairs and the Cultural Affairs Council, and the state of Florida, Department of State, Division of Arts and Culture and the Florida Council on Arts and Culture.

### **ART + MIND DAY ACTIVITIES:**

#### **MARKETPLACE, INTERACTIVE CLASSES AND WORKSHOPS**

- **Community Marketplace**

Stroll through the community marketplace where a variety of Miami's cultural and health and wellness organizations and artists will showcase their offerings and services in an indoor street fair. Institutions include: Pérez Art Museum Miami (PAMM), Nu Deco Ensemble, O Miami, Pioneer Winter Collective, NAMI Miami, Florida Department of Health, Lowe Art Museum, All Kids Included – Accessible Arts Experiences for Kids (AKI), Art of Healing Community Center, Center for Family and Child Enrichment, Children's Bereavement Center, Nicklaus Children's Hospital and more.

- **Classes and Workshops include:**

- Art of Journaling hosted by Pérez Art Museum Miami (PAMM)
- Dance and Creative Body Movement Workshop hosted by Jenna Balfe
- Percussion Sessions hosted by South Florida Center for the Percussive Arts
- Poetry Session hosted by O Miami
- Afro Yoga by Denetrya Brookins with Live Music by Lady Of Harp
- Song Circle hosted by Emilia Girth from Kanikapila Miami
- Theater Games and Wellness Workshop by Michelle Moreno

#### **EXPERIENTIAL EXPERIENCES**

- **Be You Disco – Wellness Dance**

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Step onto the Center's Knight Concert Hall stage to let loose and express yourself while listening to a live DJ playing your favorite tunes directly on your headphones.

- **Virtual Reality**

Immerse yourself in the calmness of a guided virtual reality experience created by local visual artist Alissa Christine where water caresses your senses, creating a soothing symphony of tranquility and calm. This experience is commissioned by the Arsht Center.

- **3D Mapping Space with Live Music**

Step into a breathtaking realm where vibrant 3D landscapes and hues of colors come alive, pulsating to the rhythm of live music, engulfing your senses in a fusion of sight and sound.

## PERFORMANCES

- **Japanese Taiko Drumming**

Experience Fushu Daiko's inspiring performance created with an intention to be a shared experience connected to a collective pulse. Audiences will witness and participate in the great harmony of ancient Japanese drumming.

## FOOD AND DRINKS

- **Fresh and Healthy Food and Beverage Menu**

Foodies can enjoy a selection of healthy small plates and drinks for purchase by Constellation Culinary Group. Menu items will be available throughout the day.

## AND MORE!

- **Interactive Art Wall by Tee-Pop and MUCE 305**

Unleash your inner visual artist through interactive art walls created by Tee-Pop Art and Miami Urban Contemporary Experience 305 (MUCE 305). Guests can paint, fill, and bring to life the evolving artwork, leaving behind a unique, collective masterpiece.



Community dance class at  
ArtsLaunch 2019 – Photo by Justin  
Namon



Children express themselves through  
art at Heritage Fest 2023 – Photo by  
Alex Markow

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Guests take part in a percussion workshop at Heritage Fest 2023 – Photo by Alex Markow



Movement workshop at ArtsLaunch 2018 – Photo by WorldRedEye.com

For high-res versions of the images above, click [here](#).

\*All programs, artists, ticket prices, availability, dates and times are subject to change without notice. Additional fees may apply. Visit [arshtcenter.org](http://arshtcenter.org) for up-to-date information.

*The Adrienne Arsht Center for the Performing Arts of Miami-Dade County is made possible by the public support of the Miami-Dade County Mayor and the Board of County Commissioners, the Miami-Dade County Department of Cultural Affairs and the Cultural Affairs Council, the Miami-Dade County Tourist Development Council and the City of Miami Omni Community Redevelopment Agency, as well as the State of Florida, Department of State, Division of Arts and Culture and the Florida Council on Arts and Culture. The Adrienne Arsht Center also receives generous support from individuals, corporations and local, state and national foundations.*

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## **About the Adrienne Arsht Center**

Set in the heart of downtown Miami, the Adrienne Arsht Center for the Performing Arts of Miami-Dade County is committed to welcoming and connecting ALL people to the arts, to the Arsht Center and to each other. Our stages are alive year-round with artists from around the world, innovative programming from our resident companies and local arts partners, free community events that reflect Miami's unique identity and arts education experiences for thousands of Miami children each year.

Since opening in 2006, the Arsht Center, a 501C3 non-profit organization, has been recognized as a catalyst for billions of dollars in new development in the downtown area, a leader in programming that mirrors South Florida's diversity, a host venue for historic events and Miami's hub for arts education.

Each year, we serve more than 60,000 young learners and offer more than 100 culturally diverse and inclusive education programs — many enhanced by the Arsht Center's relationship with Miami-Dade County Public Schools, local teaching artists and Miami-based arts organizations.

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The Arsht Center is also a home stage for three resident companies — Florida Grand Opera, Miami City Ballet and New World Symphony — and a launch pad for local artists to make their mark on the international stage. Our 300+ events each year include the Center's Signature Series of classical, jazz, Broadway, local theater and much more. We present a robust series of touring Broadway musicals direct from New York, the largest jazz series in South Florida, a major annual Flamenco Festival and an award-winning Miami-based theater program. In addition, our Family Fest, Free Gospel Sundays, CommuniTEA LGBTQ+ celebration and Heritage Fest are among dozens of free events that bring together people from all corners of our community. For more information, visit [arshtcenter.org](https://www.arshtcenter.org).