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We've all heard the saying, 'art is life.' But research over the last decade shows this to be much more than a happy platitude. Medical studies, including a comprehensive review published by the National Institutes of Health in 2010, show clear correlations between artistic participation/expression and physical and emotional health.

As part of its ongoing efforts to build a stronger, more integrated community, the Southeastern Connecticut Cultural Coalition (<http://culturesect.org/>) is working to bring arts and health/wellness professionals together. In partnership with a host of regional organizations, the coalition will present a networking symposium, "Arts and Health Intersect: Creating Health and Wellness Through the Arts", in early February.

Educators, social workers, mental health professionals and others working in the social and community services sector, are invited to participate. Attendees will learn about programs available for local referrals; discover new forms of art-based programs for health and wellness, and connect with potential new collaborators.

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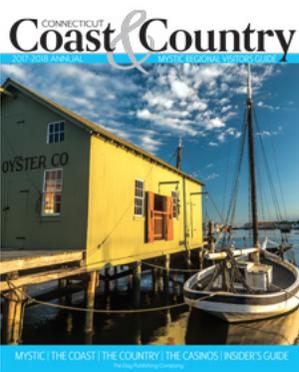
The summit is free, and is sponsored by the Chelsea Groton Foundation. Arts & Health InterSECT will be held Friday, Feb. 2, 2018 (Snow date is Feb. 23) from 9 – 11:30 a.m. in the Mashantucket Pequot Museum & Research Center auditorium, One Pequot Trail, Mashantucket. Registration is required; visit <http://culturesect.org> (<http://culturesect.org/>) to sign up.

The keynote speaker will be Judy Dworin, founder of the Judy Dworin Performance Project (<https://judydworin.org/>). The professional ensemble, now in its 27th year, produces original dance/theater performance works for the stage that explore social justice issues through inventive juxtapositions of movement, visual elements, text and song.

In addition to her work as JDPP's Executive Director, Artistic Director to the Ensemble, and co-architect of the Moving Matters! Educational Residency Program, Judy conceived and directs the Bridging Boundaries outreach program for those affected by incarceration. This includes a 12-year performance residency at York Correctional Institution for women in Niantic, CT, Moms and Kids outreach and weekend arts engagement program, and recent expansion to serve men at the Cybulski Reintegration Center in Enfield, CT. She also leads an in-school program for youth with parents in prison and an arts outreach with Trinity College students and women reentering the community from prison.

Judy has taught residencies internationally as well as throughout New England.

Arts and Health Intersect is the latest in a series of Cultural Summits organized by the coalition to provide opportunities for collaboration, information sharing, and discussion. Cultural Summits bring together regional leaders and experts for informative panel discussions, presentations and educational forums. Previous events have focused on business and the arts, tourism marketing, grants, the creative economy, the impact of investment, and leadership.



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