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**This Saturday ArtsWave offers poetry and spoken word in forest bathing stress relief and gratitude event**

**PHOTOS AND IMAGES**

CINCINNATI (October 21, 2021) — As part of its Arts4Wellness series of events, this Saturday ArtsWave will offer free, one-hour sessions from 10 to 2 p.m. of “Peace & Thank You” at Eden Park’s Seasongood Pavilion.

Forest Bathing, also called “Shinrin-yoku,” is a practice of immersing yourself in nature that was developed by the Japanese to relieve stress. Cathy Crain, a Certified Forest Bathing Guide, will guide attendees through a walk in the woods where they will have the chance to slow down and awaken the senses to quietly take in nature’s gifts.

After the walk, poets and spoken word artists from WordPlay Cincinnati will offer responses and reflections to this creative and inspiring exploration.

This event is a thank-you gift for ArtsWave donors. If you haven’t had a chance yet to give to ArtsWave, you can sign up for your forest bathing and arts session and [give](#) after you register to support the arts. This event and all others a part of ArtsWave’s year-long Arts4Wellness series are designed to keep ArtsWave donors healthy and hopeful throughout 2021. Reserve your spot [here](#).

Arts4Wellness is an added benefit to ArtsWave’s most popular benefit, ArtsWave Pass, which is available for donors who give \$75+. Timing of the series has been aligned to the 2021 ArtsWave Campaign, the traditional time of year in which the community comes together to fund the arts.

2021 ArtsWave Campaign Chair and HORAN President and CEO Terry Horan sees this year’s reimagined ArtsWave Pass and its new addition of an Arts4Wellness series as “a relevant and much needed way to use the arts on a personal level to stay healthy, mentally and physically. This series shows how the arts can both ground and uplift us.” ArtsWave President & CEO Alecia Kintner adds that “in this unique year, the arts are essential for our own personal wellbeing as well as our region’s overall health. With the help of the community, this year’s funding will assist in jumpstarting the Cincinnati region economically through the arts.”

For more information on the new arts and wellness series, please go to [artswave.org/Arts4Wellness](https://artswave.org/Arts4Wellness) and to gain access to the new series, please consider a donation of \$75+, selecting ArtsWave Pass as a benefit when you make your [gift](#).

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### **About ArtsWave:**

ArtsWave, a nonprofit serving the Greater Cincinnati and Northern Kentucky Region, is the engine for the arts. Its roots stem back to the late 1920s when the Cincinnati Taft family provided initial investment matched by community support. In the late 1940s, it evolved to become the first united arts fund in the nation and in the mid-1970s, the first organization to initiate workplace giving for the arts. ArtsWave continues to innovate while leading, as illustrated by its No. 1 rank nationally in community arts fundraising; coordination of a sector-wide Blueprint for Collective Action; piloting of new technologies to maximize arts engagement; and development of resources for the arts.

Strong funding for the arts has allowed Cincinnati's arts and culture scene to become a national draw and regional asset, creating a wave of economic and community benefits. Each year, ArtsWave supports the work of over 100 arts organizations, school outreach programs, festivals, community centers, neighborhoods and various collaborations through impact-based grants. ArtsWave is projected to raise \$11 million for the arts in 2021, despite the difficult 18-month health and economic crisis that has affected the entire region. Donations can be made at [artswave.org/give](https://artswave.org/give).