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ArtsWave launches new Arts4Wellness series

CINCINNATI (February 24, 2021) — As part of the 2021 ArtsWave Campaign – the primary way local arts are funded in the Cincinnati region – a new arts and health event series is being launched. Arts4Wellness is a set of 12 monthly events that are designed to use the arts to keep Cincinnatians healthy and hopeful throughout 2021.

The first event, Artful Mindfulness and the Enneagram, takes place March 6th at 10 a.m. with Game Day Communications CEO Jackie Reau interviewing Corporate Consciousness CEO Deni Tato in her home. Tato, a former Board member for the Contemporary Arts Center and Cincinnati Ballet, will be surrounded by her personal art collection as she discusses both the meaning and relevance of the enneagram during the prolonged period of the pandemic and its accompanying stress. Guests will be able to ask Tato questions about their enneagram profile which can be taken beforehand through [Truity](https://www.truity.com). The program can be accessed for \$15 or attendees are encouraged to donate \$75+ for a year-long ArtsWave Pass to get access to this program and the entire arts and health series at no cost, along with arts, merchandise and dining exclusives from regional community partners.

Here is the line-up of the first three of the 12 monthly Arts4Wellness programs:

Date	Program	Description
March 6 – 10 a.m.	Artful Mindfulness and the Enneagram	Explore your personality through the Enneagram! Game Day Communications CEO Jackie Reau moderates a conversation with Corporate Consciousness CEO Deni Tato, previous board member of Contemporary Arts Center and Cincinnati Ballet. Surrounded by her personal art collection, Deni will explain the nine Enneagram personality types and how Artful Mindfulness can help all nine. Take your own Enneagram test at Truity.com and come prepared to have your questions answered.
March 25 – 7 p.m.	The Art of Training for a 5K	Learn how to train for a 5K through four uniquely artful 3.1-mile courses designed by the Flying Pig Marathon Executive Director Iris Simpson-Bush in this session hosted by WLWT Anchor & Reporter Megan Mitchell. Each course will take you on an artistic tour of a different part of our community, past public art, historical and architectural wonders. Also, get your run on while listening to a playlist filled with Cincinnati-based music and musicians.

April 22 – 7 p.m.	Healthy Cooking Class with Pam Ford, Chef to Movie Stars	Join us virtually at Arnold's Restaurant, backdrop to five movies filmed in Cincinnati, where Pam Ford will guide us through creating a healthy dish. Film Cincinnati Executive Director Kristen Schlotman will join in to regale us with behind-the-scenes stories from famous local productions.
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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 health and wellness series, please go to ArtsWave.org/Arts4Wellness.

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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. In 2020, ArtsWave amassed \$13+ million for the arts, through a combination of its 2020 Campaign and a separate Arts Vibrancy Recovery Fund, designed to ensure the solvency and a vibrant return of the region's arts assets in the wake of the unprecedented health and economic crisis.

ArtsWave is focused on helping the Cincinnati Region's arts sector weather the coronavirus crisis. The region's arts sector has an economic impact of more than \$300 million annually and includes more than 225 organizations throughout Cincinnati, Northern Kentucky and Southeastern Indiana that employ 10,000 individuals as artists, performers and staff. The sector was hit at the onset of the coronavirus crisis, when venue and performance closures were announced in early March. ArtsWave has accelerated \$2.4 million in grant payments for 43 organizations which receive operating revenues, expanded its \$10,000 Working Capital Bridge Loans for eligible arts organizations, and has provided Emergency Arts & Culture Organization grants to 47 organizations. It's also administered \$3,700,000 in relief funds at the federal, county and

city level to arts organizations and artists. The public can help fund these and additional, evolving efforts at artswave.org/give.