

FOR IMMEDIATE RELEASE

UVA Health Prince William Medical Center partners with ARTfactory to support ARTful Wellness Series for the local community.

ARTfactory and UVA Health Prince William Medical Center are excited to partner to provide the ARTful Wellness Series of art classes for youth and adults in the Manassas community. Talya Conroy, Executive Director of the ARTfactory is humbled by the incredible support of UVA Health. "Studies show that participating in the arts can help those with depression, anxiety, and stress. Art gives people another avenue to express themselves and is something all ages and walks of life can participate in. With UVA Health's support, the ARTfactory can continue to make a positive impact in our community and to those that may have never had the opportunity to participate in the arts before."

UVA Health Prince William Medical Center is pleased to provide grant funding for the ARTful Wellness Series, opening access to those who have not had an opportunity to participate. "UVA Health Prince William Medical Center is very excited to partner with ARTfactory to make classes accessible. We know from assessments regarding the health needs of our communities that more mental health and wellbeing services are necessary," states Erik Shannon, Chief Executive Officer of UVA Community Health. "Art engagement can be an impactful complement to traditional mental health treatments, by reducing stress and anxiety, helping process emotions, increasing self-esteem, and more. We are proud to provide grant funding to make classes affordable for anyone who would benefit."

Art may help patrons interpret, express, and resolve their emotions and thoughts. Art engagement has been linked to improving memory, reasoning, resiliency, and lifting spirits in aging adults. This important initiative allows the opportunity for youth and adults residing in and around the 20110 and 20111 zip codes to attend classes.

The series will begin with offerings in Bullet Journaling, Polymer Clay Workshop, and Neurographic Art. No artistic experience is required, simply a willingness to try something new. Looking ahead, classes will include but not be limited to, Zentangle, Hand Drumming, Meditative Spirals, Watercolors, Line Dancing, Gentle Yoga, and more. Additional class offerings focus on community members that are 15 years and older. There are also a few family inclusive classes such as Family Tap Dancing or Acting Games and Improv for the entire family.

For more information on classes or to register, call or visit www.VirginiaARTfactory.org. Follow the link online to the ARTful Wellness Series to view current class offerings and how to register for reduced pricing. Classes take place at the ARTfactory located at 9419 Battle Street, Manassas, VA 20110. For additional information or questions, please call 703.330.2787.

About UVA Health Prince William Medical Center

UVA Health Prince William Medical Center is a 130-bed community hospital with a comprehensive offering of services in emergency, heart and vascular, orthopedics and spine, imaging, women's and children's health, cancer care, fitness and wellness, rehabilitation, behavioral health, wound care and hyperbaric medicine. The facility earned Magnet® re-designation in 2021 and its cardiology, maternity and neurology programs have received national recognitions.