

**MEDIA CONTACT**

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**The Contemporary Dayton
presents
an Expanded Lineup for
Session Four of ARTS & WELLNESS Programming
Summer of 2025**

DAYTON (May 8, 2025) – The Contemporary Dayton presents the next in its lineup of Arts & Wellness programming, set to begin June 12, 2025. The expanded offerings include free and open programs focused on the incorporation of art in wellness and self-care activities as well as new programs exclusive to Co Members.

The Co's ARTS & WELLNESS initiatives were created in partnership with the Friends of The Arcade, The HUB at The Arcade and The Co's generous annual program and operational sponsors. The program was launched in 2023 with sponsorship from Premier Health, PNC Charitable Trust, and The Iddings Foundation and has served over 4,000 participants. Designed to foster holistic well-being through a fusion of art and wellness, initiatives include a diverse range of activities, workshops, and resources, which encourage self-expression, engagement in meaningful conversations, and cultivation of resilience and empathy. Sessions begin with a guided focus on a specific work of art or architecture. Participants will be encouraged to observe closely, reflecting on colors, shapes, and emotions, and to carry that sense of mindfulness into their wellness sessions.

Eva Buttacavoli, executive director of The Contemporary Dayton, explains, "Art has long been recognized as a powerful medium for self-expression, reflection, and communication. The diverse array of artworks within our walls become a catalyst for dialogue, providing visitors with an opportunity to engage in open conversations about mental health. In this setting, the visual language of art serves as a bridge, allowing individuals to express and share their emotions, fostering empathy, and encouraging a deeper understanding of the complex issues surrounding mental well-being. By weaving discussions of wellness into the art experience, we not only enhance our appreciation for art but also create a safe space for meaningful conversations that contribute to breaking the stigma surrounding these critical aspects of human existence."

PROGRAMS

All Programs Are Free Unless Otherwise Noted And Take Place At The Contemporary Dayton / For Info & Registration Go To: <https://Linktr.Ee/Arcadedayton>

ARTIST TALKS + ARTIST MEET & GREETES

Thursday / 6:30 – 8 p / Jun 26 / Laura Sanders

Thursday / 6:30 – 8 p / Jul 10 / Erin Holscher Almazan

Thursday / 6:30 – 8 p / Jul 24 / Christine Gaffney

Slow down and recharge with art—join us to hear and spend time with the artists behind our current exhibitions and discover how creativity, conversation, and connection fuel wellbeing.

BUSINESS OF ART SHARE SESSION

Saturdays, 11 a -12 p / June 21 / July 19 / Aug 16

Exclusive for Co Members / Become a Member at codayton.org/membership

Open discussion and Q&A on the business side of art.

CHAIR YOGA

Saturdays / 11 a-12 p / June 21 / July 19 / Aug 16

No experience necessary, bring your own mat. Led by Cynthia Brooks, Day Yoga Studio.

EXHIBITION TOURS

Saturdays, 3-4 p / June 21 / July 19 / Aug 16

Led by Heather Jones, Curator.

MEMBERS' GROUP CRIT NIGHTS

Thursdays / 5:30-7 p / Jun 12 / Jul 3 / Aug 7

Exclusive for Co Members / Become a Member at codayton.org/membership

To build community and foster the sharing of ideas, The Contemporary Dayton offers Member Exclusive Group Critique Nights for Artist Members. Bring a work of art in progress to receive constructive feedback from Heather Jones, Curator

OPEN COLLAGE NIGHTS

Thursdays / 6-8 p / Jun 12 / Jul 3 / Aug 7

Admission is \$10 per person at the door / Free for Co Members / Become a Member at codayton.org/membership

Join us for an informal gathering where all are invited to create collage. A fun, low-pressure event that encourages creativity and artistic exploration. Materials will be provided. No experience necessary to participate.

SLOW LOOKING TOUR

Saturdays, 12:30 – 1:15 p / June 21 / July 19 / Aug 16

A guided experience reflecting on just a few selected artworks, focusing on deep engagement, mindfulness, and personal connection.

SPECIAL THANKS TO OUR 2024-2025 OPERATING SUPPORT SPONSORS

The Andy Warhol Foundation for the Visual Arts, Culture Works, The Dayton Foundation, The Montgomery County Arts & Cultural District, The National Endowment for the Arts, The Ohio Arts Council, The Virginia W. Kettering Foundation, and our Members.

GALLERY & CoSHOP HOURS

Wednesday–Saturday 11 a.m.–6 p.m.

Closed Sunday–Tuesday

ALWAYS FREE & OPEN TO ALL

ABOUT THE CONTEMPORARY DAYTON

Advancing art for the community and a community for artists since 1991.

The Contemporary Dayton (The Co) is the region’s contemporary art center. A 501(c)(3) nonprofit, The Co produces and presents ART EXHIBITIONS, ARTIST TALKS, and PUBLIC ART by local, national, and global creatives and makers; and is ALWAYS FREE & OPEN TO ALL. As a non-collecting art center, The Co is one of 45 non-collecting art centers and museums across North America that specialize in presenting modern and contemporary art.

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