



MACON & JOAN BROCK VIRGINIA HEALTH SCIENCES
Arts for Optimal Health
 AT OLD DOMINION UNIVERSITY

Open Studio | Expressive Arts for Veterans

A free and innovative way for *active military* and veterans to explore the visual arts to identify, communicate and share experiences.



Guided by an art therapist, participants meet in small groups to explore art-making to decrease stress and support wellness. The Open Studio model supports creative engagement and social interaction in community art spaces.

Immersing into the art process allows participants to release emotions and thoughts through a creative force that can relieve stress, encourage problem solving and offer new perspectives.

Starting January 15, 2025

Wednesdays: 2:30–4:30 p.m.*
 Hermitage Museum and Gardens
 Goode Family Visual Arts School
 7701 North Shore Rd., Norfolk, VA 23505
 *No session on 3/12/2025

*No prior art experience is necessary.
 Confidential environment.*

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