



**Join us for ARTMED INSIGHT at the MET Museum!**

## **MEDICINE AT THE MET: STRESS RELEASE WITH ART**



Tanara de Lempicka—Self-Portrait in Green Bugatti

*“Fantastic course! Therapeutic, informative, and reformative!”*

*“As a clinician with more than 35 years of experience, there are times during which fatigue, burnout and ennui may rear their ugly heads. Your seminars provided a welcome and eye-opening antidote.”*

**Open to all physicians, physician assistants, psychiatrists, residents, nurses, medical students, and healthcare professionals across disciplines**

**Stress Release with Art: Saturday February 3<sup>rd</sup>, 2018 from 5 to 6.30 pm**

Are you feeling stressed? Overwhelmed with your to-do list? Join us for a highly engaging and interactive art and stress reduction session at the MET. In this 1-hour ½ class you learn to let go of the stress in your work and life by enhancing your capacity for presence, emotional awareness and creative engagement.

**Cost: \$99 (does not include MET Museum entrance); \$75 for students**

**Art experience is welcome but not necessary--Location: The MET Museum in NYC**

**Course leader: Anna Willieme, MFA**, is the founder and director of ArtMed inSight. She is on the seminar faculty of Columbia University Medical Center and leads ArtMed inSight programs at leading medical institutions in Boston and New York City such as Massachusetts General Hospital, NYU School of Medicine, Weill Cornell Medical College, and Columbia University Medical Center. Willieme has also been a lecturer at the Metropolitan Museum of Art for over ten years and is a visual artist with exhibition experience in galleries and public spaces in both the US and Europe.

Space is limited to insure interactivity! To register go to:

<https://squareup.com/store/artmed-insight>