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FOR IMMEDIATE RELEASE

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SAMA LUNCH PROGRAM TO FOCUS ON ART THERAPY

Ligonier – The Southern Alleghenies Museum of Art at Ligonier Valley will host a Lunch a l'Art program with art therapist Susan Novak at noon on Thursday, March 15. Cost for the program, which includes lunch and presentation, is \$15 per person or \$12 for SAMA members. Reservations are required by calling the Museum at (724) 238-6015 by March 9.

Novak's discussion is titled "From Coloring Books to Clinical Art Psychotherapy: The Healing Power of Art." A board-certified art therapist, Novak will invite the audience to walk the spectrum of therapeutic art from use in stress reduction, pain management and personal growth to more clinical work with persons with dementia, PTSD, Autism and more serious mental health disorders. She also will share about her own personal art history and how the role of art in her recovery from traumatic brain injury inspired her to become an art therapist and advocate.

Novak is a teaching artist with SAMA and the Pennsylvania Council on the Arts, as well as a certified trauma therapist and certified peer specialist. She does clinical art therapy through The Ligonier Valley Counseling Center and also works with community-based arts programs such as the award-winning Pittsburgh-based "Art Expressions Inc." and Conemaugh Health Systems' "Arts for Healing" program. Her specialties include traditional Chinese brush painting and Japanese silk shibori.

Prior to the lunch program will be a meeting of the SAMA Auxiliary at 11 a.m. If you are interested in joining the Auxiliary, please attend the meeting or call the Museum for further information.

Lunch a l'Art programs are offered to encourage a greater understanding of various art forms and movements, as well as foster a deeper appreciation for the exhibitions presented by the Museum.

The Southern Alleghenies Museum of Art at Ligonier Valley is located at One Boucher Lane and Route 711 South in Ligonier. Hours of operation are 10 a.m. to 5 p.m. Tuesday through Friday and 1 to 5 p.m. weekends. The Museum is a handicapped-accessible facility and is open to the public free of charge. For more information, call the Museum or visit www.sama-art.org.