



NEWS RELEASE

FOR IMMEDIATE RELEASE
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Watson Clinic Foundation Arts in Medicine Program Leads Arts and Health Week in November

Lakeland, FL – **Arts and Health Week** is a dynamic, city-wide celebration held from **Monday, November 3 – Sunday, November 9**, which highlights the powerful connection between creative expression and well-being. By taking part in interactive events, performances, and educational programs, the entire community can explore how the arts support physical, emotional, and social health. Led by the Watson Clinic Foundation's Arts in Medicine Program, this week unites healthcare professionals, artists, and everyday residents to imagine a healthier future together. This week of special events is made possible through collaborations with valued local partners, Presenting Sponsor Orlando Health Watson Clinic Lakeland Highlands Hospital, and grant support from the Polk Arts & Cultural Alliance.

Some of the event highlights that are scheduled to take place during the week include:

Event: The Space Between: Creating Healing Environments through the Arts

Date: Monday, November 3 from 6 pm – 8 pm

Location: Ashley Gibson Barnett Museum of Art, 800 E. Palmetto St., Lakeland, FL 33801

Description: Kicking off Arts and Health Week 2025, this collaborative event brings together Ashley Gibson Barnett Museum of Art, Florida Southern College, Straz Center for the Performing Arts, Lakeland Volunteers in Medicine, and Watson Clinic Foundation's Arts in Medicine Program. Featuring live performance, and interactive experiences, this event also launches off the Polk Arts and Health Collaborative's "Community Convening" Series. Calling all healthcare workers, caregivers, and community champions, this event is for you!

Event: The Art of Healing: Evidence and Impact

Date: Tuesday, November 4 from 12 pm – 1 pm

Location: Virtual event

Description: Join us for this virtual Lunch & Learn event featuring board-certified art and music therapists as they share real-world examples and evidence-based insights on how creative therapies support healing. From improved patient outcomes to enhanced emotional well-being, discover how the arts are transforming care in clinical and community settings. This exciting event is open to healthcare professionals, caregivers, and anyone passionate about whole-person health.

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Event: Little Beats, Big Benefits

Date: Friday, November 7 from 9:30 am – 10:15 am

Friday, November 7 from 10:30 am – 11:15 am

Location: Bonnet Springs Park, 400 Bonnet Springs Blvd., Lakeland, FL 33815

Description: Discover how music and movement can boost your child's health and happiness! Designed for children under six, this playful music therapy session invites kids to sing, dance, and move while parents learn how rhythm and motion support early development and well-being. Presented by United Way Success by Six, in partnership with Whole Steps Music Therapy and the Watson Clinic Foundation's Arts in Medicine Program, this event blends fun with evidence-based insights to show how small beats can make a big impact!

Event: IF/THEN: How Creativity Shapes Healthy Kids

Date: Saturday, November 8 from 10 am – 1 pm

Location: Florida Children's Museum, 600 Bonnet Springs Blvd., Lakeland, FL 33815

Description: Join us for a playful, hands-on event led by board-certified art and music therapists. Inspired by the classic "If You Give a Mouse a Cookie", this interactive experience explores how creative expression supports childhood development.

All events require an RSVP to attend. For more information and to RSVP for these and other events happening during the week, visit BepARTofthepossible.org.

***About the Watson Clinic Foundation:** Established in 1960, The Watson Clinic Foundation, Inc. is a not-for-profit 501(c) (3) organization whose mission is to promote community wellness through education, research, service and collaboration. The tax ID # is 59-1100876. For more information, visit WatsonClinic.com/WCF.*

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