



**SMITH CENTER**  
**FOR HEALING AND THE ARTS**  
community. creativity. cancer support

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## **Smith Center For Healing and the Arts Unveils New Health and Wellness Programs that Offer Something for Everyone**

*Stress reduction and mind-body programs, a caregiver retreat, and unique nutrition offerings expand upon popular continuing programs at Smith Center.*

**December 13, 2011 - Washington, DC** – [Smith Center for Healing and the Arts](#) today announced its program offerings for January-March 2012, to be held in its newly expanded U Street community center at 1632 U Street, NW in DC. New programs will include new integrative health and mind-body programs to complement popular staple programs, engaging cancer patients, health care professionals, caregivers, and the community at large and empowering individuals to enhance their overall well-being.

"Our goal is to provide experiential programs that explore dimensions of health and healing taught by gifted health professionals," says Shanti Norris, Executive Director at Smith Center. "In addition to our foundational programs on nutrition and stress reduction, this quarter's programs focus on looking inward and finding balance within ourselves. These include techniques from Traditional Chinese Medicine and Shamanism, Reiki, intuition, and meditation. Similarly, a selection of our creativity programs will promote inner reflection in tandem with the seasons. We also continue to offer a selection of cooking and nutrition programs to promote local, seasonal, and healthy eating."

Some highlights of the schedule include; an exploration of **Meditation and Intuition** with **Jonathan Foust**, Senior Teacher with the Insight Meditation Community of Washington, on January 18; A core-strengthening **Qigong series** in late January; A collage workshop, "**The Fertile Darkness**," exploring the inner seeds we cultivate during the winter months; And an introduction to **healing touch** with **Marion Werner** in March. Classes in the new state-of-the-art teaching kitchen include **Everyday Delicious Vegan Meals** on January 14; and an interactive workshop on **Nourishing Foods for People With Cancer** on March 24. Popular continuing programs include writing and creativity workshops, therapeutic yoga, as well as a variety of additional cooking and nutrition classes. Further, Smith Center will continue to offer signature cancer-specific programs remain at the heart of its mission and work, most notably weeklong and one-day retreats for both cancer patients and caregivers.

In expanding its outreach, Norris says that Smith Center is building valuable community connections. "We're pleased to announce a partnership with **Whole Foods Market P Street** to help make healthy eating information more accessible to everyone." Whole Foods will support a selection of programs in 2012 and also offer a free healthy eating tour at the Whole Foods Market on P St. NW, scheduled for February 28. Guided by the store's own Healthy Eating Specialist, participants will learn insider information and skills to shop for the best products at the best prices.

"We are also excited to collaborate with **Albus Cavus** for an exhibit and community mural project in the [Joan Hisaoka Healing Arts Gallery](#)," says Norris. This exhibit, which opens January 13, features the work of local graffiti-style artists and addresses how public art can heal struggling communities, especially during this time of economic uncertainty and heightened unemployment. The public will be invited to take part in the project through three workshops that transform the gallery into a working studio to create an on-site mural.

All of the classes and programs at Smith Center are led by a renowned collection of highly regarded facilitators, medical professionals and physicians, nutritionists, certified yoga and meditation instructors, artists, and more.

Smith Center is committed to making all of its programs affordable and accessible to anyone who could benefit from them. Many classes are free of charge or low cost. Scholarship and fellowship assistance is also available.

For a current schedule of Smith Center programs and classes, or to learn more about the organization, visit [www.smithcenter.org](http://www.smithcenter.org) or call 202.483.8600.

### **About Smith Center for Healing and the Arts**

Founded in 1996, Smith Center for Healing and the Arts is a 501(c)3 nonprofit organization located in the heart of Washington, DC. Smith Center offers a variety of educational and creative resources and programs to enhance health and wholeness, with a special focus on serving those affected by cancer. Programs focus on cultivating each person's innate ability to heal, helping participants explore meaning and maintain hope—even in the face of life's greatest challenges. Now in its 15<sup>th</sup> year of service, Smith Center (formerly known as Smith Farm Center) has expanded its program offerings to serve more than 10,000 people each year in the DC community through weeklong Cancer Retreats, classes and workshops, community outreach events, Hospital-Based Artist-In-Residence programs, Integrative Patient Navigation Services. Smith Center also operates the Joan Hisaoka Healing Arts Gallery, a space dedicated to showcasing art that serves to educate, enlighten, empower, and cultivate healing.

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