



The Art of Wellbeing™ (AWB) is a curriculum to inspire new habits of healing and wholeness through arts experience. Classes draw from art forms including Performance, Visual, Music (live and recorded), Literary/Narrative, Graphic, Culinary and other fine and practical arts.

What Students Are Saying...

Who should take the AWB course? Everyone

"As a person in healthcare, this course opened my eyes to the therapeutic value of the arts for both the provider and the patient as they journey together through the healing process."
— Ina Sherman, Addiction Counselor

"All who are interested in better integrating their outer, day-to-day life and their inner life would benefit from The Art of Well-Being, a program that can truly help us all **"be** weller."
— Kingsley Day, Senior Editor, Northwestern University

What is the AWB curriculum? A course of study integrating science, humanities and the arts to create rich student experiences

The AWB model is "logical and innovative...left me room to ponder how (wellbeing) relates to life as I experience or do not experience it....looked forward to each class."
— Roberta J. Henderson, PhD, Rosalind Franklin University

"What an enjoyable course...the topic and subject matter opens itself up to be cross disciplinary...(with) many important concepts"
— Judith Stoecker, Vice-President, RFUMS

"The theoretical information was well taught using various forms of art and visuals"
— Khyati Patel, Assistant Professor, Rosalind Franklin University

What are the AWB benefits? Exploration and expansion of humanity to inspire new habits of healing and wholeness through arts experience

I was "struck" how fine and practical arts are "vehicles to well-being." "The course reminded me of how important it is (to be well)...to step out of daily life into a place of possibilities, that it is entirely my decision to do so, and if wise, should do so often...not only did we (the class) 'get it,' we shared and received much from each other."
— Roberta J. Henderson, PhD, Rosalind Franklin University

"I value the sharing of perspective and the use of art and humanities across the medical colleges"
— Julie Schwertfeger, PT, MBA, Rosalind Franklin University

"Personally this class made me realize to value various experiences and resulting feelings of my life. Life moves so fast and we forget to pause and reflect on good or bad events. I learned that each and every experience in life teaches you valuable lessons of well-being." — Khyati Patel, Assistant Professor, Rosalind Franklin University