

Arts for Well-Being in Academic Medicine

UK College of Medicine: Learners. Faculty. Staff.

Build social capital and meet new colleagues as you find commonality through art-based inquiry

Arts for Well-Being in Academic Medicine (AWiAM) provides participatory arts engagement to harness the transformative power of arts for health and well-being. Arts-based learning directly engages individuals in the creative process allowing those involved to enjoy time together in collaboration, cooperation, and fun.

Visual Explorer

Photography as words

Use photographic images to facilitate powerful conversations. If you are looking for moments to reflect, converse, and consider work and life possibilities this program is for you. **Materials provided, no experience needed.**

Sway2Go: Social Dance

Empathetic movement

Listen to music, try new dance patterns, smile and have fun. Elevate your daily motions into social dance patterns. **No partner / experience needed.**

Colors and Connection

Find commonality in color

Use color as a medium for self-expression, personal reflection, and engagement with colleagues. Explore ideas, experiences, and lively conversations. **Materials provided, no experience needed.**

Guided Art Tours: UK Fine Art Museum

Visual Thinking Strategies

Connect with colleagues on a guided tour through the most recent art on display at the UK Fine Art Museum. Give your eyes a break from electronic devices, consider the creative possibilities found through art appreciation.



Visit our [website](https://medicine.uky.edu/sites/well-being) to view session dates and **register!**

<https://medicine.uky.edu/sites/well-being>



Register



Step Into Art: (UKHC/UKCOM)

30-minute art strolls

Discover UKHC as your guide navigates you to their favorite artwork! Step Into Art highlights the beauty around us as we discover the connections between us! **Interested in being a guide? Let us know!**

Medical Orchestra: Calling all Musicians

Collaborate musically

This informal offering, with a monthly cadence, explores a variety of music styles. Do you play an instrument? Looking to make music and new friendships in the College of Medicine? **Consider participating in the Medical Orchestra.**

Courtyard Concerts: Dentistry Courtyard

Listen together

Live music provides a gateway to improved health and wellness. Join us for an hour of live singing with the Lexington Singers. Songbooks available for those who wish to sing along. **Materials provided, no experience needed.**

[Request Department Workshop](#)



College of
Medicine

Office for Organizational Well-Being



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Facilitated by Renee Gallagher, MEd, a creative and a former US National Professional Champion ballroom dancer.