

CONTACT:

Rina Thaler

The Art League of Ocean City

Ocean City Center for the Arts

rthaler@artleagueofoceancity.org

410-524-9433

FOR IMMEDIATE RELEASE

**Art League Fellow Ash'iz to present free Lunch & Learn
on holistic healing on May 11 on Zoom**

OCEAN CITY, MD — April 28, 2021 — The Art League of Ocean City will present a free interactive Lunch & Learn at Tuesday, May 11 at noon via Zoom. The presenter will be Ash'iz, new Art League Fellow for Equity, Diversity, and Inclusion. There is no charge to attend, and the public is invited.

The Art League created this new fellowship in 2021 to construct and facilitate activities and events that will stimulate conversation surrounding diversity both in the community at large and within the Art League organization. Events will include book discussions, theatre art, community engagement and outreach, classes, and events.

Ash'iz is a native and resident of Berlin, mother of two, and a full-time holistic and certified alternative health practitioner. She mixes alternative health with spoken word poetry and counseling that is intended to revive, reveal, and bring a rebirthing that heals. She will present at the Lunch & Learn through poetic verse as an introduction to who she is and her journey of self-discovery as an individual and an artist.

“I will go into detail about my hearts mission, which is to assist others in discovering their true, divine, authentic selves,” she said. “I will showcase the methods of alternative healing I use daily for myself and my clientele, such as my favorite or most utilized crystals in reiki/healing sessions, meditative readings, and writing prompts. I feel an explanation gives information, but to showcase the modalities will bring forth more understanding and sustainable

efforts toward the whole purpose: going inside ourselves to bring about healing and self-actualization.”

To register for the Lunch & Learn event on Zoom, go to ArtLeagueofOceanCity.org/upcoming-events/.

The Art League of Ocean City is a non-profit organization dedicated to bringing the visual arts to the community through education, exhibits, scholarship, programs and community art projects. Financial support comes through individuals and corporate sponsors, The Maryland State Arts Council, the Worcester County Arts Council, and the Community Foundation of the Eastern Shore.

###

EDITORS: Head shot of Ash'iz attached.

Elaine Bean
Art League of Ocean City
Publicity & Marketing Director
elaine@artleagueofoceancity.org
cell 443-944-3398







