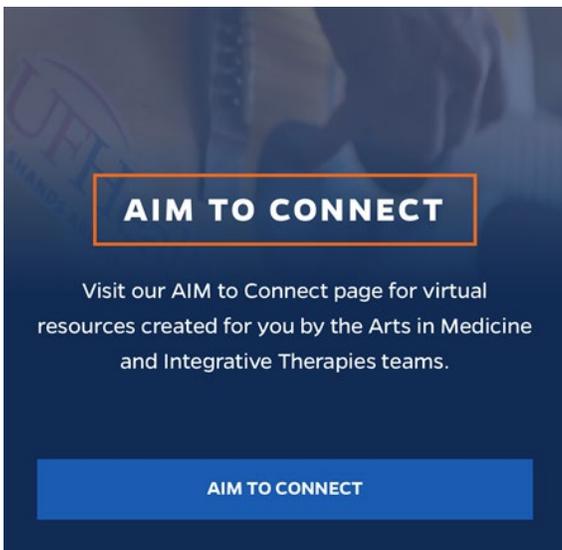




In times of distress, the arts can provide opportunities for healing, hope, and respite. Even if you don't consider yourself "artsy," you may find you benefit from expressing your creativity through the visual arts, writing, music, dance, or theater. You may also benefit from appreciating the creative works of others! The UF Health Shands Arts in Medicine team is currently offering a variety of virtual arts experiences, including **request-only live concerts, painting lessons, guided meditation/relaxation, poetry, and storytelling**. You can access those resources here: <https://artsinmedicine.ufhealth.org/aim-to-connect/>



In addition, as part of their COVID-19 arts response, the UF Center for Arts in Medicine has an **online arts repository that you can browse, or even add your own artwork to it!** It can be accessed here: <https://arts.ufl.edu/sites/creating-healthy-communities/resources/repository/>

Many **world-class arts institutions have made their performances and/or collections freely available online** during this time of social distancing. To access these resources, click the links below or visit the site (updates added daily) here: <https://wellness.med.ufl.edu/2020/04/01/resources-to-promote-well-being-during-covid-19-outbreak/#cultural>

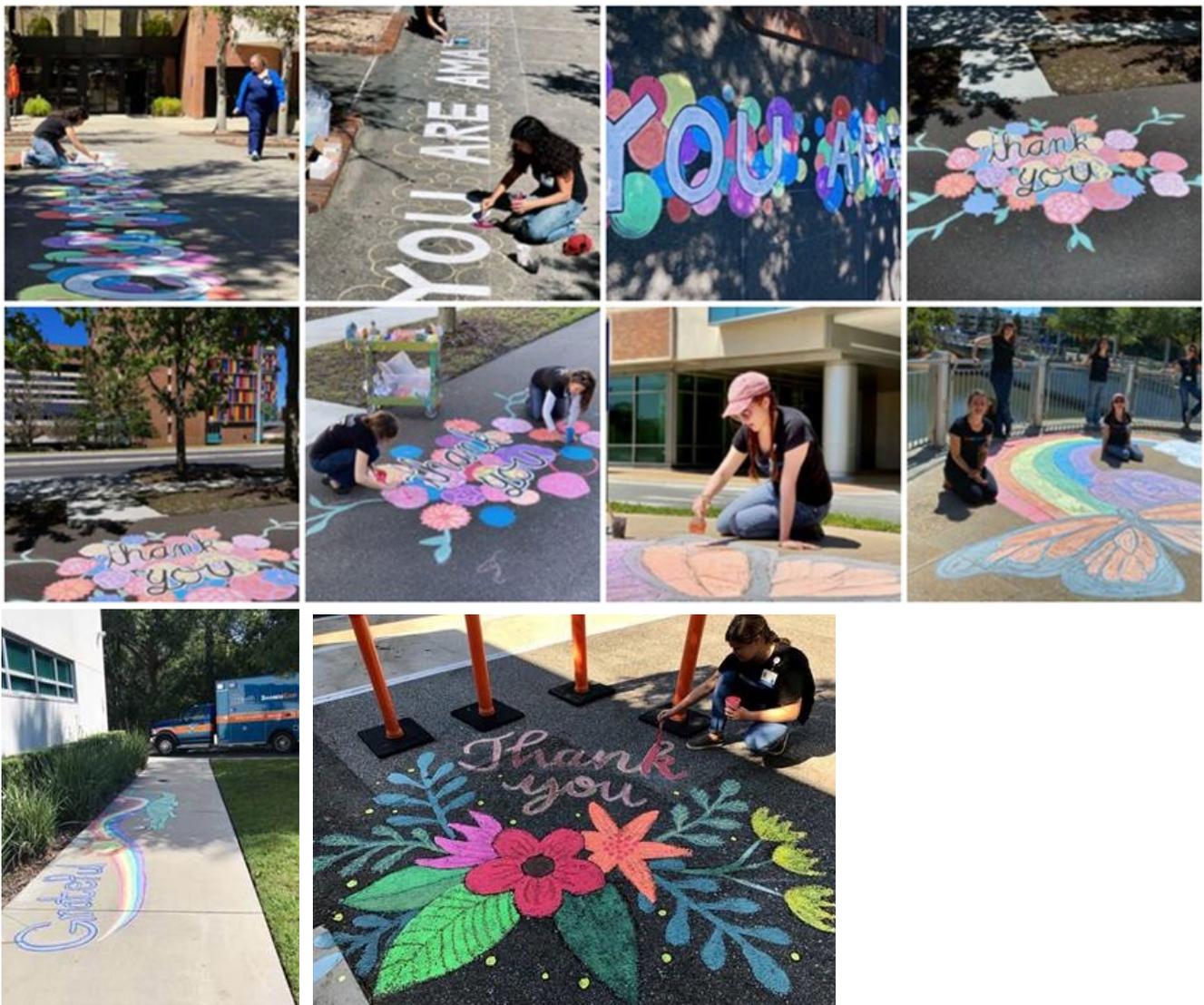
Free Online Cultural Experiences

- [Metropolitan Opera online broadcasts](#)
- [Seattle Symphony online broadcasts](#)
- [Live Virtual Concerts \(all genres\)](#)
- [Support Local Live Music with Facebook Live Concerts](#)
- [Museum Virtual Tours](#)
- [Museum Collections online](#)
- [Broadway Direct Guide to Online-Streaming Broadway Shows](#) (most free with Amazon Prime)
- [UF Health Shands Arts in Medicine "AIM to Connect" Experiences](#)

- [UF Center for Arts in Medicine Online Art Repository](#)

And any Hamil-fans, in particular, are sure to love this edition of “Some Good News”:
<https://www.youtube.com/watch?v=oilZ1hNZPRM>

Finally, a very special thanks to the UF Health Arts in Medicine team for the uplifting murals created for our healthcare workers as part of their “Chalk the Walk” efforts outside the hospitals and free-standing Emergency Departments over the past week (a further reminder of how the arts can bring joy to our days)!!! 😊



Stay well!

Lisa J. Merlo, Ph.D., M.P.E.
(Legal Name = Lisa Merlo Greene)
Director of Wellness Programs, UF College of Medicine
Director of Research, Professionals Resource Network
Associate Professor of Psychiatry
University of Florida
Box 100256
Gainesville, FL 32611
352-294-4932
lmerlo@ufl.edu