

APRIL 9, 2024

Gloria Molina Grand Park is the Ultimate Destination For Angelenos to Experience A Well-Balanced Life Throughout Mental Health Awareness Month

Gloria Molina Grand Park & Center Theatre Group Present 'Creative Ways: Mental Health Wellness Fair' During Monthlong Wellness Park Programming

LOS ANGELES (April 9, 2024) - In the healing spirit of Mental Health Awareness Month, Gloria Molina Grand Park, powered by The Music Center, will be the central gathering place in the heart of Downtown L.A. throughout the month of May for Angelenos to discover a myriad of health and wellness activities and community events that will restore and reinvigorate the mind, body and soul. The highlight of the monthlong holistic celebration will occur on two Saturdays, May 11 and 25, 2024, from 10:00 a.m.- 2:00 p.m., with *Gloria Molina Grand Park & Center Theatre Group Present Creative Ways: Mental Health Wellness Fair*, an inclusive outdoor gathering for all ages featuring free artmaking activities, therapeutic and holistic workshops, family yoga and inspiring stage programming.

To jumpstart Angelenos' health and wellness journey in May, the public is invited to participate in the park's popular free health and wellness series, Gloria Molina Grand Park's Wellness Break, every Wednesday and Friday. Participants can practice yoga and meditation amid the park's lush greenery--in under an hour--from noon to 12:45 p.m. Those seeking to add excitement and variety to their *Wellness Breaks* are encouraged to mark their calendars for the third Thursday in May to experience the "Wild Card" series, which explores a different modality, from Boomba (Zumba) and tai chi to chair yoga and HIIT (high intensity interval training). This month, on Thursday, May 16, 2024, from noon to 12:45 p.m., F45 Training Arts District with instructor Paul Ohshima will lead a holistic wellness solution of HIIT, circuit training and functional training with a post-workout euphoria that not only strengthens the body but also uplifts the mind--all within the focused, 45-minute session.

Additionally, in support of Mental Health Awareness Month, the public is invited to participate in L.A.'s largest community drum circle on Thursday, May 16, 2024, from 11:45 a.m.-1:30 p.m. The goal of the drum circle, organized by Drumming for Your Life Institute, is to bring diverse groups of people together across all cultures, races and genders to connect and drum in a shared creative and transformative experience that can both heal and build community. Los Angeles County Supervisor Kathryn Barger (5th Supervisorial District), Los Angeles City Councilmember Kevin de León (Council District 14) and LA County Department of Mental Health Chief Medical Officer Dr. Curley L. Bonds are scheduled to speak during the drum circle's opening ceremony. Participants of this free event are encouraged to register online.

"Gloria Molina Grand Park is the consummate destination for Angelenos to discover, or rediscover, their journey of movement and relaxation and fill their lives with more balance, clarity and joy. Mental health plays a key role in our wellbeing, and we are excited to provide a central spot and opportunities for Angelenos to participate in Mental Health Awareness Month," said Rachel S. Moore, president and CEO of The Music Center. "The *Creative Ways: Mental Health Wellness Fair* reinforces the benefits of the park as a green space in downtown where everyone is welcome and can be themselves, connect with each other and the community, as well as share in arts, cultural and wellness experiences. I encourage Angelenos of all ages to embrace and strengthen each other's well-being--it is good for the soul."

With the theme "Take Action for Yourself, Take Action for Others and Take Action for Your Community," *Gloria Molina Grand Park & Center Theatre Group Present Creative Ways: Mental Health Wellness Fair* will feature a number of activities curated in partnership with Streetlet. On both Saturdays, Center Theatre Group (CTG) will provide motivational workshops, helmed by playwrights and resident artists, that heal the soul and center the mind and body. Emmy® and Grammy® Award winner Alisha Gaddis will guide participants through breathing and visualization exercises toward creative goal setting in a program entitled *Adding Glitter to Your Goals*; CTG artist-in-residency Daniel Alexander Jones will meet with artists individually, in a workshop called *Heartwork*, to examine their own works--a rare opportunity to move their visions forward with one of the most innovative performers today; and therapist and playwright Mercedes Floresislas, LCSW, with *Physical Connections to Emotional Wellness*, will guide participants to "the wisdom of their bodies" based on the topics they choose to discuss.

The event stage also will feature interactive wellness sessions by **The Tree Yoga Cooperative** and **Ceremoni Sounds**, as well as the vibrant sounds of **DJ Novena Carmel** and **DJ Moni Vargas** to keep the flow going.

Additional community partners providing health and wellness activities throughout the park on both Saturdays for *Gloria Molina Grand Park & Center Theatre Group Present Creative Ways: Mental Health Wellness Fair* include:

- **Arts & Healing Initiative**
Participants can decorate their own "Me Box" and choose affirmations to place inside the box as daily reminders of their worth.
- **Big Talk**
Guests can play the Big Talk Question Card Game, an interactive game aimed to build community belonging and connectedness through conversation.
- **Chicxs Rockerxs South East Los Angeles**
Participants will design their own musician based on genre preferences, using craft supplies, paper, crayons and clothing cut-outs.
- **Gentle Barn**
In this petting zoo, families will learn how intelligent and loving chickens and turkeys can be.
- *Holding Space* by **Puppets by Madison**
Participants will have the opportunity to interact with puppets and each other to foster community connection around grief and loss.
- **Jewel Sales Art**
Guests can discover the therapeutic power of watercolors with this beginner-friendly self-portrait workshop.
- **LA County Department of Public Health**
Angelenos can obtain important resources regarding mental health and substance abuse.
- **LA County Library**
Participants can enjoy a variety of educational activities, including Keva Planks, self-directed art and stress relief putty, aimed at enhancing wellness, stress relief and mindfulness.
- *A Metaphor for Perinatal Life* by **Itsy Bitsy Childcare**
Participants will be invited to decorate a rock, symbolized with words or pictures depicting the aspect of parenthood.
- **Muddy Heaven**
Participants will experience the joy of getting their hands dirty while combining water, clay, soul and seeds into little seed balls they can take home and plant wherever they want wildflowers to grow.
- **Mujeres de Maiz**
Angelenos will explore an "alterNative" mobile medicine cart used to educate and spark dialogue about wellness remedies, recipes, uses of herbs and plants, and Mexican traditional medicine in communities of color.
- **ProjectQ**
Participants will create a visual and sensory timer with plastic jars, water and glitter to be used as a visual and sensory timer whenever they need a couple minutes of mindfulness.
- **Sunbeams LA**
Children and families can read from a collection of mindfulness and mental health awareness books, as well as write in journals and color positive affirmation pages, inside Sunbeams' school bus.
- **Teapot LA**
Angelenos will experience the mood-lifting power of squeegee painting on canvas.
- **Therapeutic Play Foundation**
Individuals of all ages will be encouraged to use art, from coloring and clay stations to gardening stations, as a means of expressing and processing their complex emotions.
- **The Tree Yoga Cooperative**
Guests can participate in wellness-inspired art activities and giveaways and obtain self-care information.

- **Urban Confessional**

Participants can sit at "free listening" stations throughout the park and talk about whatever topic they desire.

This special collaboration between Gloria Molina Grand Park and Center Theatre Group also celebrates the upcoming production of Michael R. Jackson's Pulitzer Prize-winning musical, **A Strange Loop**, which explores race, queer identity and mental health challenges with humor and honesty. The groundbreaking musical will be performed at The Music Center's Ahmanson Theatre from June 5-30, 2024.

"Part of our mission at Center Theatre Group is focused on centering Los Angeles and a dedication to lifelong learning and human connection," said Khanisha Foster, Director of Equity, Belonging and Engagement for Center Theatre Group. "I'm thrilled that we get to celebrate both of these core values in beautiful Gloria Molina Grand Park for two Saturdays in May. I'm particularly excited to uplift the incredible work being done on stages and throughout our communities by Michael R. Jackson and Daniel Alexander Jones, both unparalleled artists and human beings whose work perfectly aligns with the spirit of this event. I can't wait to welcome them, and our audiences, to Downtown Los Angeles next month."

Gloria Molina Grand Park & Center Theatre Group Present Creative Way: Mental Health Wellness Fair is made possible by a grant from the California Mental Health Services Authority.

For more information about *Gloria Molina Grand Park & Center Theatre Group Present Creative Ways: Mental Health Wellness Fair*, visit grandparkla.org/creativeways or centertheatregroup.org/creative-ways.

For a schedule of the free *Gloria Molina Grand Park's Wellness Break* yoga series, visit grandparkla.org/wellnessbreak.

To purchase tickets for Michael R. Jackson's Pulitzer Prize-winning musical, *A Strange Loop*, performed at The Music Center's Ahmanson Theatre from June 5-30, 2024, visit centertheatregroup.org/a-strange-loop.

Learn more about Gloria Molina Grand Park at grandparkla.org.

Learn more about Center Theatre Group at centertheatregroup.org.

The Music Center and Gloria Molina Grand Park welcome all visitors and are committed to making all of their programs, services and facilities universally accessible to everyone. Please call The Music Center's Access Line at 213-628-2772 at least 24 hours in advance of *Gloria Molina Grand Park & Center Theatre Group Present Creative Ways: Mental Health Wellness Fair* to inquire about accommodations. For complimentary wheelchair transport from a curbside location, please call The Music Center's Guest Services Department at 213-972-0777 at least 24 hours prior to *Gloria Molina Grand Park & Center Theatre Group Present Creative Ways: Mental Health Wellness Fair* to reserve pick up.

Gloria Molina Grand Park & Center Theatre Group Present Creative Ways: Mental Health Wellness Fair
STAGE SCHEDULE:*

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Gloria Molina Grand Park & Center Theatre Group Present Creative Ways: Mental Health Wellness Fair
EXPERIENTIAL ACTIVITY / BOOTH SCHEDULE:*

vcsPRAAsset_3534715_165524_a16e0967-8d45-411e-bdd0-6a43f4d62e1f_0

* Artists, performers and vendors are subject to change.

CALENDAR LISTING

WHAT:

***Gloria Molina Grand Park & Center Theatre Group Present
Creative Ways: Mental Health Wellness Fair***

Gloria Molina Grand Park and Center Theatre Group invite the entire community to embrace mental wellness through the arts and to dive into engaging activities that promote well-being and health awareness at *Creative Ways: Mental Health Wellness Fair*. From cultural presentations to workshops, and booth activities to inspiring stage programs, attendees will find a range of creative ways for exploration, offered twice during the month of May. Center Theatre Group will host workshops blending arts and wellness, along with activities celebrating the upcoming production of *A Strange Loop*, Michael R. Jackson's Pulitzer Prize-winning groundbreaking musical that delves into themes of race, queer identity and mental health challenges with humor and honesty.

WHEN:

**Saturdays, May 11 and 25, 2024
10:00 a.m. - 2:00 p.m.**

WHERE:

Gloria Molina Grand Park
200 N. Grand Ave.
Los Angeles 90012

TRANSPORTATION:

Public parking will be available for \$10 per vehicle at two locations:

The Music Center Garage	Walt Disney Concert Hall Garage
135 N. Grand Ave.	111 S. Grand Ave.
Los Angeles 90012	Los Angeles 90012

The public is highly encouraged to take public transportation. Gloria Molina Grand Park is located conveniently at the Civic Center/Grand Park station along the Metro B Line (Red) and D Line (Purple). Additionally, the park is easily accessible by taking Metro's brand new Regional Connector to the Grand Av Arts/Bunker Hill, Historic Broadway and Little Tokyo/Arts District stops along the Metro A Line (Blue) and E Line (Expo).

MORE INFO:

Visit grandparkla.org/creativeways or centertheatregroup.org/creative-ways and follow Gloria Molina Grand Park and Center Theatre Group on social media [@grandparkla](https://twitter.com/grandparkla) [@ctgla](https://twitter.com/ctgla)

ABOUT THE MUSIC CENTER

The Music Center convenes artists, communities and ideas with the goal of deepening the cultural lives of every resident in Los Angeles County. Celebrating its 60th year in 2024, the \$70 million non-profit performing arts organization has two divisions: TMC Arts and TMC Ops. TMC Arts, The Music Center's programming engine, provides year-round programming inside The Music Center's four theatres, on Jerry Moss Plaza, outside at Gloria Molina Grand Park--a 12-acre adjacent green space--in schools and other locations all over Los Angeles County and on a digital

platform called *The Music Center Offstage*. TMC Arts presents world-class dance with *Glorya Kaufman Presents Dance at The Music Center*, free and low-cost public concerts and events, as well as live and digital K-12 arts education programs, workshops, performances, interactive experiences and special events. TMC Ops manages the theatres, the Plaza and Gloria Molina Grand Park, which comprise \$2 billion in county assets, on behalf of the County of Los Angeles. The Music Center is also home to four renowned resident companies--Center Theatre Group, Los Angeles Master Chorale, LA Opera and LA Phil. For more information, visit musiccenter.org. Follow The Music Center on social media @MusicCenterLA.

ABOUT GLORIA MOLINA GRAND PARK

A vibrant outdoor gathering place, Gloria Molina Grand Park is a beautiful public park for the entire community in Los Angeles County. With expansive green space for gatherings large and small, Gloria Molina Grand Park celebrates the county's cultural vitality and is host to community events, cultural experiences, holiday celebrations and many other activities that engage and attract visitors from all communities. The 12-acre Gloria Molina Grand Park, which celebrated its 10th anniversary in 2022, stretches from The Music Center on the west to City Hall on the east and is easily accessible by Metro via the B/D (formerly Red/Purple) line to the Civic Center/Grand Park station. The park was named one of American Planning Association's 10 "Great Public Spaces" in the U.S. for 2013. Working closely with the county, The Music Center is responsible for all operations and programming for the park. For more information, visit grandparkla.org. Follow Gloria Molina Grand Park on Instagram, X, Twitch, TikTok, Spotify and Mixcloud (@grandpark_la) as well as YouTube and Facebook (@grandparkLosAngeles).

ABOUT CENTER THEATRE GROUP

Center Theatre Group, one of the nation's preeminent arts and cultural organizations, is Los Angeles' leading nonprofit theatre company, which, under the leadership of Managing Director/CEO Meghan Pressman and Producing Director Douglas C. Baker, and in collaboration with the four Associate Artistic Directors, Lindsay Allbaugh, Tyrone Davis, Neel Keller and Kelley Kirkpatrick, programs seasons at the 736-seat Mark Taper Forum and 1,600 to 2,100-seat Ahmanson Theatre at The Music Center in Downtown Los Angeles, and the 317-seat Kirk Douglas Theatre in Culver City. In addition to presenting and producing the broadest range of theatrical entertainment in the country, Center Theatre Group is one of the nation's leading producers of ambitious new works through commissions and world premiere productions, and a leader in interactive community engagement and education programs that reach across generations, demographics, and circumstance to serve Los Angeles.

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