

FOR IMMEDIATE RELEASE

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LIVING BEAUTY CANCER FOUNDATION SPONSORS FREE CALM ART SESSION AT dnj GALLERY, PART OF “IN STRENGTH”

On October 17, Living Beauty sponsors a free, mindfulness-based art workshop led by artist and CALM Art founder, and fellow Living Beauty, Jill Covell; space is limited, and a reception with Covell follows

SANTA MONICA, Calif. — Living Beauty Cancer Foundation is proud to sponsor a free CALM Art session on Saturday, October 17 from 5 to 6 p.m. at dnj Gallery in Santa Monica, led by artist Jill Covell, who is herself a Living Beauty. The workshop is free of charge, though space is limited, and will be followed by a reception with Covell. The session is part of “In Strength,” dnj Gallery’s group exhibition by artists connected to breast cancer, on view through December 5.

Living Beauty Cancer Foundation is a national nonprofit organization that exists to educate, uplift and empower more than 8,000 women with cancer. Living Beauty has spent more than two decades empowering women living with cancer through community, sisterhood, resources and holistic wellness programs. Sponsoring this session continues that mission, connecting Living Beauty women and the broader community with a creative, supportive space led by one of their own.

CALM Art (An Art Mediation) pairs simple mindfulness techniques with meditative, guided art-making. The practice is designed to help shift the mind out of the high-alert Beta and Gamma wavelengths associated with stress and into the calmer, more focused Alpha state linked to better sleep, lower stress and improved emotional regulation. No art experience is required — the session is built as a judgment-free space for anyone, and the program has already been welcomed into cancer centers, survivor support groups and community wellness programs across Ventura County and throughout Southern California.

The session takes place inside “In Strength,” dnj Gallery’s group exhibition by artists connected to breast cancer, on view September 26 through December 5. Presented through Art and Med, the gallery’s program pairing exhibitions with community-focused events to increase awareness, further education and raise funds for charity, “In Strength” brings together a multimedia body of work tracing the emotional and cognitive journey of living with breast cancer. Covell is one of the exhibiting artists in the show, where she presents her own installation, “Jill’s Journey.”

CALM Art was founded by Jill Covell, MFA, ATP, and Certified Master Mindset Life Coach, who developed the program out of her own healing journey through breast cancer, combining her fine arts background with mindfulness and art therapy practice. Her installation “Jill’s Journey” chronicles that same experience through the lens of spirit animals. Her work can be viewed at cove11.com.

The October 17 session is free of charge, and space is limited; sign up at calm-art.net. A reception with Covell will immediately follow the workshop, giving guests a chance to meet the artist and view “Jill’s Journey” in the gallery.

dnj Gallery, founded and directed by Pamela Schoenberg, presents “In Strength” through Art and Med, the gallery’s program pairing exhibitions with community-focused events to increase awareness, further education and raise funds for charity. In 2024, Schoenberg shifted the gallery’s focus from a solely commercial space to one with a charitable and educational mission centered on medical patients and artists. Located in Santa Monica, dnj Gallery uses art to tell the stories of people living with chronic illness, foster community and create safe, supportive spaces for those affected by long-term disease.

EVENT DETAILS

Event: CALM Art Session with Jill Covell

Sponsor: Living Beauty Cancer Foundation

Date: Saturday, October 17

Workshop Time: 5–6 p.m.

Reception: Immediately following the workshop, 6–8 p.m., with artist Jill Covell

Cost: Free of charge; space is limited

Sign Up: Please contact the gallery to RSVP at office@dnjgallery.net

Location: dnj Gallery, 3015 Ocean Park Blvd., Santa Monica, CA 90405

Part of: “In Strength,” on view September 26 – December 5

Gallery Hours: Thursdays–Saturdays, 10 a.m.–5 p.m., and by appointment

Gallery Contact: office@dnjgallery.net

Website: <https://www.dnjgallery.net>

More on the Show: <https://www.dnjgallery.net/current.html>

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