



FOR IMMEDIATE RELEASE

EXHIBITION: “Conquer Your Own Rhythm”: A group show by artists with epilepsy

EXHIBITION DATES: January 11- March 21, 2026

RECEPTION: Sunday, January 11, 2-5pm

EVENTS: Artist-Patient/Medical Professional Conversation, HG Open Mic, Webern quartet (and a complete list at opening reception)

GALLERY HOURS: Thursdays - Saturdays 10am- 5pm and by appointment

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

CONTACT: office@dnjgallery.net

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

Pamela Schoenberg, owner/director of dnj Gallery, and Ted Meyer, founder of ArtandMed, are thrilled to announce their exhibition, “**Conquer Your Own Rhythm**”: a group show by artists with epilepsy. dnj Gallery organizes a program, entitled Art and Med, consisting of a ten-week exhibit and correlating events that highlight a chronic illness. The purpose of the program is to continue education, raising awareness and gaining funds for charities.

In April 2024, Schoenberg began the Art and Med program at dnj Gallery. She redirected the gallery’s mission to a space with a charitable and educational purpose. At first, Schoenberg studied nutritional science, and, in 2023, she received her certification as a Functional Health Coach, combining her two passions of art and health. Pamela Schoenberg now exhibits conceptual, fine art that calls attention to certain health conditions to guide and to raise consciousness within our community.

The ArtandMed curriculum emphasized a combined union between the gallery and the artists/patients. It was created by Ted Meyer, artist-in-residence at the USC Keck School of Medicine, for use in medical schools. He wanted to further healthcare by stressing the voice of the artist/patient in their artwork, and, as a result, he revealed a commitment to utilizing art as a tool to support individuals.

Our next exhibition deals with epilepsy, which is a condition often caused in the brain and identified by seizures. A seizure is a quick burst of abnormal activity in the brain that can create short gaps of consciousness, muscle twitches or prolonged spasms. Most of the time, the origin of the seizure is unknown. In about 30% of cases, genetics, head injuries, brain infections, or immune, developmental or metabolic disorders can generate epilepsy.

dnj Gallery will collaborate with the Los Angeles chapter of The Epilepsy Foundation for our exhibition, "Conquer Your Own Rhythm". The Epilepsy Foundation, "in collaboration with our community and network partners, connects the people, data and resources needed to address challenging health problems associated with seizures and the epilepsies—and promotes education, policy, research and systemic change that will foster measurable and sustainable improvement for all people living with epilepsy." The Art and Med program at dnj Gallery is grateful to learn and grow because of this union.

Art is therapy. It is a practice of healing. Healing is a combination of therapeutic processes that lead to quality health, which occur on physical, mental, emotional, social, and spiritual levels. Each work emphasizes the power of art to answer the question of healing. As Hilary Leftwich states, "...[my] writing became the only language that could hold what medicine could not: the daily collision of love, fear, and endurance." It evokes feelings, from joy and sorrow to anger and contentment. In addition, Aaron Moseley explains that "...it becomes a way to understand, accept, and find strength within the unpredictable, that is life.