



For Immediate Release

July 3, 2018

Contact: Myken Pullins, PR Director, 614-370-6640 or pullinsm@southeastinc.com

Fresh A.I.R. Gallery

Presents

Awakening

Paintings by Jan Kustron

Fresh A.I.R. Gallery cordially invites you to the opening reception for ***Awakening***, paintings by Jan Kustron. Please join us for the artist's opening reception on Wednesday, July 11, 2018 from 5:30 p.m. to 7:00 p.m. *Awakening* will be on view at Fresh A.I.R. Gallery until August 17, 2018.

Jan Kustron finds inspiration in the world around us and seeks to capture nature's beauty before it changes. Wherever she is, she translates the essence of the outdoors, or the subject, into her work. Jan says "I like and need to learn new art skills because the act of creating a strong image empowers me and relieves the depression I face daily. My "artworking" is like medicine for me because it involves breaking free from negativity and other mental barriers. There was a time when depression manifested itself for me as bipolar disorder and was literally paralyzing, so I am extremely grateful for all the help I've received. Drawing and painting are a second language to me, and even though I have a BA in Art Education from Florida State University, I am forever a learner."

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Jan is a member of the Ohio Plein Air Society and the German Village Art League and she resides in German Village with her husband and cat.

Fresh A.I.R. Gallery (Artists in Recovery) is a project of Southeast Healthcare Services. Fresh A.I.R. Gallery's mission is to exhibit the work by individuals affected by mental illness and/or substance use disorders. Through art, we educate the community and work to break down the stigma of mental illness and/or substance use by bringing focus to the artist vision. Southeast is a comprehensive provider of mental health, chemical dependency, physical healthcare, vocational and homeless services that has been serving Columbus since 1978 and is in eight Ohio counties. This year Southeast celebrates 40 years. Fresh A.I.R. Gallery is located downtown at 131 N. High Street in Columbus, Ohio. Our hours are Monday - Friday 8:00 am - 5:30 pm. Fresh A.I.R. Gallery's phone number is 614-744-8110. www.southeastinc.com.

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