



FOR IMMEDIATE RELEASE

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Fresh A.I.R. Gallery

Presents

You Have Nothing to Worry About

Photographs by Melissa Spitz

COLUMBUS, OH – (43215) Fresh A.I.R. Gallery cordially invites you to *You Have Nothing to Worry About*, an exhibition featuring the photographs of award-winning New York artist Melissa Spitz. Please join us for the opening reception on Friday, September 6, 2019 from 6:00 pm to 8:00 pm with an artist talk at 7:00 pm. *You Have Nothing to Worry About* will be on view at Fresh A.I.R. Gallery from September 6 to November 15, 2019.

Melissa received an MFA from the Savannah College of Art and Design and was named the Instagram Photographer of 2017 by TIME Magazine. She is also the recipient of the Magnum Foundation's Inge Morath Award and recently received an honorable mention from the Photographic Museum of Humanity for the 2018 Women Photographers Grant.

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Melissa Spitz is a working artist from St. Louis, Missouri, who currently resides in Brooklyn, New York. *You Have Nothing to Worry About* comprises Melissa's decade-long documentary photography project about her relationship with her mentally ill, substance-abusing mother. Photography acts as a conversation between them.

Melissa writes: "The photographs are simultaneously upsetting and encouraging; honest and theatrical; loving and hateful. By turning the camera toward my mother and my relationship with her, I capture her behavior as an echo of my own emotional response."

View her work on Instagram: @nothing_to_worry_about and website melissspitz.com.

Watch her Tedx Talk here: <https://www.youtube.com/watch?v=iqEldRQ-Apl>

Fresh A.I.R. Gallery (Artists in Recovery) is a project of Southeast Healthcare and this year celebrates our 15th year anniversary. The 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. 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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