

July 21, 2015

## **For Immediate Release**

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# **EMBRACING OCD**

**By Mary Swanson**

COLUMBUS, OHIO (43215) - Fresh A.I.R. Gallery invites you to the exhibition Embracing OCD by Mary Swanson on view at Fresh A.I.R. Gallery from July 29 through September 11, 2015. **Opening Reception: Wednesday, July 29 from 5:30 pm - 7:00 pm at Fresh A.I.R. Gallery.**

Mary Swanson grew up in Rockford, Illinois, the youngest daughter of an artist and business owner. She spent most of her childhood in art galleries surrounded by artists and creative people. One of her fondest memories as a child was participating in a college level painting course with her mother at Rockford University. During her teen years she attended a private high school where creativity was pushed. During college she pursued a path of computer graphics but later found a passion for teaching. In 2004 she moved to Chicago, Illinois where she attended DePaul University to receive her BA in Secondary Art Education with a minor in painting. In 2006 she accepted a high school teaching position in Cedar Rapids, Iowa where she currently resides.

Her work in this exhibition takes a critical view of living with Obsessive Compulsive Disorder (OCD). Each piece depicts her every day fears/struggles and triumphs dealing with the disease. The subjects are often depicting herself as the main focal point.

Fresh A.I.R. Gallery met a milestone in 2014 by celebrating 10 years as a self-sustaining nonprofit art gallery with a mission to exhibit the works of individuals affected by mental illness and/or substance use disorders.

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## **P. 2 Fresh A.I.R. Gallery Embracing OCD**

Our mission is through art, we educate the community and work to break down the stigma of mental illness and/or substance use disorders by bringing focus to the artistic vision. Since opening our gallery doors in September 2004, Fresh A.I.R. Gallery has shown 60 exhibitions, displaying the artwork of over 200 artists and sold more than 250 pieces of artwork totaling over \$60,000. Fresh A.I.R. Gallery does not accept any commission for art sold through the gallery. All proceeds from sold work go directly to the artists to help them establish their careers. Many exhibits demonstrate the courage and struggles of the artists as they combat stigma and address social issues.

In 2014 Vital Companies produced a video about Fresh A.I.R. Gallery:

<http://youtu.be/Vcn-SnOmYHk>

Fresh A.I.R. Gallery is a project of Southeast Inc., Healthcare, a comprehensive provider of mental health, chemical dependency, physical healthcare and homeless services that has been serving Columbus since 1978 and six surrounding counties. Fresh A.I.R. Gallery is located downtown at 131 N. High Street Columbus, Ohio. Our hours are Monday - Friday 8:00 am - 5:30 pm. Fresh A.I.R. Gallery's hotline is 614-744-8110. Visit our website at [www.southeastinc.com](http://www.southeastinc.com).

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