



FOR IMMEDIATE RELEASE

January 26, 2017

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# Fresh A.I.R. Gallery

Presents

## Breathe & Bloom

*By Gloria Molyneux*

Columbus, Ohio (43215) – Fresh A.I.R. Gallery (Artists in Recovery) presents *Breathe & Bloom*, an exhibition by artist Gloria Molyneux, opening on Wednesday, February 8, and running through March 17, 2017. **Please join us for an opening reception on Wednesday, February 8, 2017 from 5:30 p.m. to 7:00 p.m. Opening receptions are free and open to the public. Gloria will deliver an artist’s talk in the gallery on the last day of her exhibition, March 17, from 3:00-4:00 p.m.**

Gloria Molyneux felt Post-Traumatic Stress Disorder (PTSD) before she knew its name. She experienced mild secondary PTSD growing up from repeatedly hearing her closest loved ones tell stories of war, escape, refuge, and survival. However, she couldn’t fully understand until she experienced chaos and tragedy firsthand. *Breathe & Bloom* is Molyneux’s first public visualization of how her brain worked through trauma toward recovery and healing.

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Molyneux explains that the brain is commonly known to hold three kinds of memory: working memory, sensory memory, and long-term memory. “PTSD wreaks havoc in a survivor’s life by giving seizures to the working memory, confusing the sensory memory, and keeping only low-charged batteries for the long-term memory, causing it to squeak like a dying fire alarm,” she writes in her artist’s statement.

Molyneux reached for healing through art and spiritual practice. Through these practices and connecting with others in her community, she began to feel safe and able to breathe again.

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 disorder. Through art, we educate the community and work to break down the stigma by bringing focus to the artist vision. Southeast is a comprehensive provider of mental health, chemical dependency, physical healthcare and homeless services that has been serving Columbus since 1978 and is in seven surrounding counties. Fresh A.I.R. Gallery is located downtown at 131 N. High Street Ohio in Columbus, Ohio. Our hours are Monday - Friday 8:00 am - 5:30 pm. Fresh A.I.R. Gallery's hotline is 614-744-8110. [www.southeastinc.com](http://www.southeastinc.com).

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