



Dr. Lulu Shimek's Office in Asheville Offers Works by Virginia Pendergrass

Dr. Lulu Shimek's Office in Asheville, NC, will present *The Art of Healing*, featuring urban sketches of Western North Carolina by Brevard, NC, artist Virginia Pendergrass, on view from July 1 - 30, 2016. A reception will be held on July 8,

from 6-8pm.

Pendergrass worked in the practice of neuropsychology before turning seriously to art. Dr. Shimek studied art before reversing her professional path

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and entering the field of naturopathic medicine. Although they ultimately chose different paths, both believe that art and the processes involved in its creation can be important contributors to healing and health.

Their backgrounds prepared them both to use similar techniques to relieve some of the unease of dysphoric feelings and physical symptoms when things go awry in our daily lives. They agree that im-

mersion in activities which command full attention and reduce internal chatter are helpful, such as meditation and relaxation training. They also know the curative effect of immersion in the natural beauty of the environment, and beauty in art, music and other creative expression.

Production of art is a form of meditation - it transfers brain processing from the left (verbal) side of the brain to the

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