

At Abbott Northwestern Hospital, the concepts of integrative medicine are fundamental to the care our staff has provided for decades. Through the George Institute, the largest and most comprehensive integrative medicine program in the country, our mission is to transform health care by blending the art of healing and the science of curing to optimize the health of the whole person — *mind, body and spirit.*

Artist: Laurie Borggreve

Nationwide, creative arts are used to support healing and research is being conducted to measure the impact of the arts in patient care. The George Institute is a member of the Society for Arts in Healthcare, a national organization dedicated to demonstrating the valuable roles the arts can play in enhancing the healing process, and encouraging and supporting research and investigation into the benefits of the arts in health care.

We recognize through *the Art of Healing* program that arts are an important and therapeutic tool for patients and families. Hundreds of individuals experience *the Art of Healing* each month through the hospital's healing environment, and classes and events at the George Institute's Outpatient Clinic.

Established in 2004, *the Art of Healing* program includes:

- permanent art collection
- exhibition and gallery spaces
- artists at the bedside
- volunteer programs
- music therapy
- movement therapy
- special arts events
- Caring for the Caregiver programs
- partnerships and collaborations with community arts groups
- gardens and outdoor healing spaces
- ongoing groups and workshops
- staff education events
- community education events
- consultation to other health care facilities and organizations
- publication for lay and professional audiences
- public speaking.

Cover artist: Richard Bonk

Penny George Institute for Health and Healing



The Penny George Institute for Health and Healing was founded by the George Family Foundation and the Ted and Dr. Roberta Mann Foundation.



Allina Hospitals & Clinics

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for Health and Healing**
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the art of healing



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Please call 612-863-6510
for more information.

Artist: Bernie Saunders



the art of healing highlights



Artist: Jodie Ahern

The Art of Healing monthly art exhibits

Each month, the George Institute invites a new local artist to display artwork that communicates visions or experiences of health, healing and spirit.

Healing can be found in the creation of this art. Examples include an artist who rediscovered her passion to paint after a cancer diagnosis or a recent Somali immigrant whose work is a link to her culture of origin and a way to support herself. Healing is also found in viewing this artwork. The intent of the artist comes through the images, colors and textures of the pieces to touch the lives of patients and staff.

All exhibits are free and open to the public. Related events, such as art openings and speakers, engage the wider community in a dialogue around the personal concepts of health and healing.

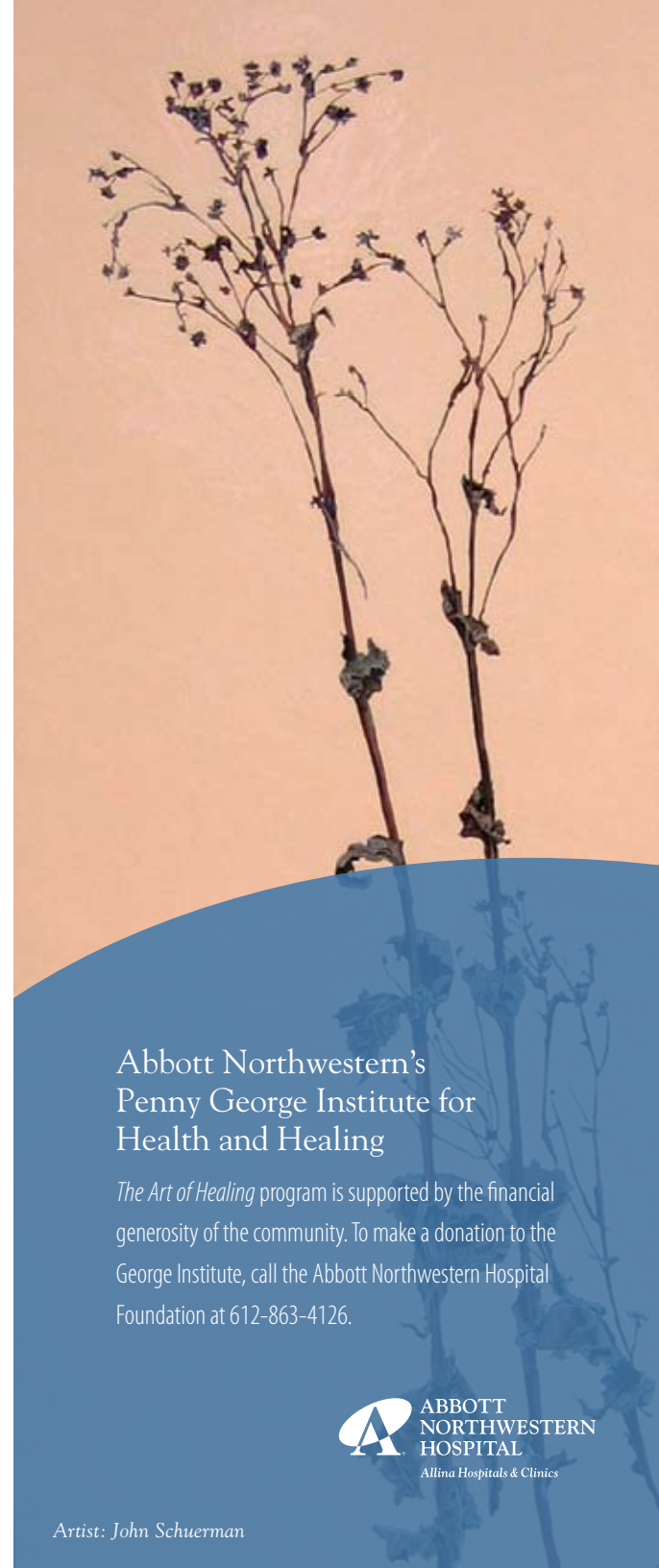
In addition to the monthly exhibits, artwork is purchased from or commissioned by local artists to hang permanently in many locations, from the George Institute's LiveWell Fitness Center to the walls of each treatment room at the Outpatient Clinic.

Music therapy at Abbott Northwestern

Music therapy has been a part of the George Institute since its inception. It is one of many integrative medicine services offered to hospitalized patients at Abbott Northwestern. A board-certified music therapist uses music to support physical, psychological, cognitive and social functioning for patients of all ages. Music therapy is used to reduce anxiety, stress and pain, as well as to encourage individuals to be an active participant in their healing.

Community programs

Through community classes, the public is invited to learn and practice the healing aspects of visual arts, music, creative movement and expressive writing. Other classes are offered specifically to professional caregivers to explore the personal expression and creativity that the arts provide as a means of self-care. Group arts programming designed to meet the needs of specific inpatient populations is also available.



Abbott Northwestern's Penny George Institute for Health and Healing

The Art of Healing program is supported by the financial generosity of the community. To make a donation to the George Institute, call the Abbott Northwestern Hospital Foundation at 612-863-4126.



Artist: John Schuerman