

Zoellner Arts Center at Lehigh University Launches Groundbreaking Arts & Wellness Programs to Support Community Health in the Lehigh Valley

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Zoellner Arts Center at Lehigh University is proud to announce the launch of its new **Arts & Wellness Program**, a groundbreaking initiative that integrates music, mindfulness, and creative expression into the region's health and wellness ecosystem. This collaborative, community-driven model is the first of its kind in the Lehigh Valley and is being piloted in partnership with leading healthcare providers, educators, social service organizations, and artists.

The Well-Being Concerts will launch on Wednesday October 1, 2025 with two concerts, one at the Hispanic Center of the Lehigh Valley at 11:00 am and the other on Baker Hall stage, Zoellner Arts Center at 12:00 pm. Tickets and more information at www.zoellnerartscenter.org.

Inspired by nationally recognized models from **Carnegie Hall's Weill Music Institute**, the Arts & Wellness Program includes **Well Being Concerts**, the **Lullaby Project**, artist training, and evaluation partnerships to explore the measurable impacts of creativity on mental, emotional, and physical health.

"At Lehigh Valley Reilly Children's Hospital, we are proud to be part of a partnership that brings the healing power of the arts to families across the Lehigh Valley. Zoellner's deep commitment to engaging our community through music, mindfulness, and creativity aligns with our mission to support health and well-being in innovative ways."

--Dr. J. Nathan Hagstrom Chair, Department of Pediatrics
Lehigh Valley Reilly Children's Hospital proudly part of Jefferson Health

Addressing Urgent Health Needs Through the Arts

The initiative responds to pressing regional challenges in **maternal health, youth development, and mental well-being**, where traditional systems often fall short. Through immersive concerts and structured arts-based workshops, the program delivers powerful, culturally responsive experiences in clinical, educational, and community settings.

"At the Mindful Child Initiative, we believe in the importance of community coming together to create a more mindful world, one built on resilience and love. Zoellner Arts Center's Arts & Wellness Program is a beautiful example of how music and mindfulness can support the mental well-being of our community. Together, we are building a healthier, more compassionate Lehigh Valley, and we are proud to stand alongside Zoellner in this important work."

--Sara Martinez, MPH, Co-Executive Director of the Mindful Child Initiative (MCI)

Well-Being Concerts

These concerts blend music, storytelling, movement, and mindfulness—including guided meditation and breathwork—to reduce stress and foster resilience. Highlights from the upcoming season include:

- **Sphinx Virtuosi** – *Wednesday, October 1, 2025 at 12:00 p.m., Baker Hall*
- **Anat Cohen** – *Saturday, January 24, 2026 at 4:00 p.m. & 7:00 p.m., Baker Hall*
- **Bridge & Wolak** – *Tuesday, March 24, 2026 at 12:00 p.m., Baker Hall and 6:00 p.m., DaVinci Science Center*
- **Joshua Roman** – *Wednesday, May 6, 2026 at 12:00 p.m., Fowler Black Box and Thursday, May 7, 2026 at 4:00 p.m., Fowler Black Box (part of The Bach Choir of Bethlehem Festival)*
- **Pipo Romero** – *Thursday, May 28, 2026, part of LVACA conference; also Thursday, May 28 at 5:00 p.m., Friday, May 29 at 12:00 p.m. & 5:00 p.m., all in Fowler Black Box*

These world-class performances are open to the public, with several taking place in community spaces to improve access. Developed in partnership with **Mindful Child Initiative**, the concerts provide an inclusive and innovative format that invites audiences to relax, move, and connect through music—without the traditional pressures of concert etiquette.

“Zoellner Arts Center is proud to expand our partnership with MCI and Lehigh Valley Health Network, part of Jefferson Health, through our Arts & Wellness initiative. Together, we are launching two programs, our Well-Being Concerts and the Lullaby Project. They are important tools to support the mental health of our community. Music has long offered comfort in times of distress. It soothes the restless soul, mends the aching heart, and calms the turbulent mind.” --Mark Wilson, Executive Director Zoellner Arts Center

Uniting for Moms: Lullaby Project

This multi-session workshop series provides expectant and new mothers with opportunities to create personalized lullabies alongside professional teaching artists, integrating mindfulness, storytelling, and musical composition. Participants receive guided support through journaling prompts, breathing exercises, and guest speaker visits, culminating in a celebration where families share their lullabies. The first cohort will launch in the spring 2026 with patients from the **17th Street Clinic in Allentown**, in partnership with **Resurrected Life Church**.

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