

# Visual Literacy exploration to encourage wellbeing

Online workshop 6 December 2023, 1-3pm

**A unique opportunity to enhance wellbeing and clinical observations through creative approaches inspired by anatomical museum collections.**

Over the course of two 2-hour workshop, Air Arts resident visual artist EJ Lance will introduce a variety of drawing techniques, materials and resources to explore new ways of observing anatomy and enhance wellbeing while engaging creatively. No drawing experience is necessary, all materials and resources are provided for this surprising and thought provoking workshop.

The session will also encourage the importance of wellbeing through art, the mindfulness drawing can inspire, and offer time to focus away from day-to-day activities and the health benefits this can bring.

During the workshop we will take inspiration from the Joseph Wright Collection from Derby Museums & Art Gallery and the anatomical tables from The Royal College of Physicians collection.

This workshop will take place online- participants should feel comfortable engaging with the sound/mic on please.

E J Lance's surreal anatomically inspired drawings are held in permanent collections and displays and featured in product designs. She has exhibited across the country with many organisations including The Natural History Museum and has had her work featured in The Queen's Gallery, Buckingham Palace. In 2019 she was the contemporary drawing Artist selected to represent the East Midlands for The Royal Collections' 'Leonardo Da Vinci: A Life in Drawing' national exhibition. In 2025 'Visual Literacy: Seeing the Skin' will be part of a national 6 month exhibition of 'Joseph Wright: A Life on Paper' for Derby Museums & Art Gallery.

