

## **Nov 2018 - Symposium – “Art in Everyday Life” – Noel Ryan Auditorium**

The first of its kind in Mississauga, Artists in Momentum (AIM) brought together a diverse panel of professionals in medicine, the arts, education and community outreach. The panelists discussed and shared personal and professional insights on the value of art in everyday life. Moderated by Susan Ksiezopolski, Founder of WriteWell, and Anna Silgado, AIM Founder. The discussion was kicked off with keynote speaker Shelley White, CEO of the Responsible Gambling Council and named one the Mississauga’s Top 10 most influential leaders.

Featuring a high-level exchange of ideas and information among healthcare professionals, mental health advocates, artists, business executives and other prominent local leaders. Panel discussions explored topics such as creative triggers that result in improved mental states, and how advancements in technology and social media have redefined the boundaries and expectations of creativity.

To engage converging thoughts on the value of art in everyday life –Panelists who participated were Megha Karia, CEO UCMAS Canada, Dr. Colin Saldanha, Family Physician/Chair Mental Task Force Mississauga, Halton LHIN, Mike Douglas, Executive Director, Mississauga Arts Council, Nisha Lewis, Manager Communications & Resource Dev, Canadian Mental Health Association Peel Dufferin, Liberty Silver, Artist Juno and Grammy award winner, and Christine Long, Artist & Chair, Art Trendz Collective.

To further engage youth as part of the discussion on the importance and opportunities for creative expression, two youth groups will be performing: BowKiss a Regional String Quartet from Central Peel Secondary, and Madhurie Dhanraj and Dinesh Hansraj with an Indian Classical Piece.

The event was sponsored by UCMAS Canada,

See YouTube clip: <https://www.youtube.com/watch?v=u16TAodu-wY>