

Contact: Stephanie Renée
VibeMistress & CEO, Soul Sanctuary Inc.
info@soul-sanctuary.net, 202.643.7215

**THE FIRST-EVER SICK WIT IT HEALTH & WELLNESS SYMPOSIUM
GATHERS PHILADELPHIA CREATIVES WITH A MISSION TO PROMOTE THRIVING**

In response to a silent health crisis and numerous deaths among Philadelphia's creative community, Sick Wit It will offer free resources and safe space to grieve

The Painted Bride Art Center has functioned as a sacred space for artistic expression and progressive community gatherings since its inception. On Saturday December 16, 2023 from 11a to 3p, The Bride opens her doors and arms to uplift health and wellness as a priority for Philadelphia creatives by hosting the first-ever SICK WIT IT Health & Wellness Symposium.

2023 has been a particularly long and hard year of losses among Philadelphia's artistic community. While many local musicians and media personalities were gathered to celebrate the birthdays of cultural champion Dyana Williams and her mother at a private event in late October, word quietly spread through the crowd about the death of beloved organist Azel Dixon. Devastated by the news, manager and promoter Tony Allen and former radio host Stephanie Renée shared conversation about their common desire to make a difference in the persistent grim statistics. Right away, they spoke to other influential partygoers about a way to share resources that has grown into the SICK WIT IT Symposium.

Professional musicians are often underinsured or uninsured, which prompts them to delay physical care until the situation is critical or fatal. Having access under one roof to quality information about selecting and securing free or affordable insurance, preventative care, and holistic remedies is a vital opportunity.

SICK WIT IT will offer attendees a wide range of information and resources to promote wellness in all aspects of their lives: physical, emotional, mental & financial. The program includes featured speakers, tabling from local practitioners, yoga and meditative exercises, holistic health vendors, film screenings featuring local artists and health-related topics, and a designated time for personal testimonials on health challenges and to grieve the loss of loved ones. The event is being offered to the public free of charge.

Soul Sanctuary (soul-sanctuary.net) is a Philadelphia-based nonprofit arts education foundation established in 2002 to preserve and uplift positive urban culture. They accomplish this mission through the Soul Sanctuary Radio streaming station (tinyurl.com/SoulSancPHL), and a variety of educational, multimedia, and live event programming. SICK WIT IT was first developed as a Soul Sanctuary Radio podcast during the COVID-19 pandemic, to offer women of color an opportunity to share the stories of their health journeys and challenges they've faced in advocating to receive high-quality medical care. Walking Bear Entertainment has become one of the region's premier presenters of live musical performance. CEO Tony Allen is credited with introducing Philadelphia audiences to some of the industry's most celebrated alternative soul acts, including Rich Medina, Les Nubians, and Floetry. Currently, he handles tour management for such notables as DC's Reesa Renee, Philly's own Lady Alma, and assists with tour matters for John Legend.

To RSVP for SICK WIT IT or make a donation to support this effort, visit tinyurl.com/SickWitt1. The Painted Bride Art Center is located at 5212 Market Street in West Philadelphia. Visit paintedbride.org for a full list of their upcoming events. The event organizers welcome partnerships from other sponsors and host venues to offer similar symposia in other sections of the city in 2024.