

HEALTH HUMANITIES DAY OF THE ARTS | 2026

BEING PRESENT WITH ART

with
Roksana Filipowska, PhD



90 MINUTE SESSION

STUDENT ART EXHIBITION RECEPTION TO FOLLOW

Questions? Contact:
Art Department Assistant Chair, Natessa Amin
Aminn@moravian.edu

Moravian University encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please contact Suzanne Moyer at moyers@moravian.edu or 610-861-1491 at least one week prior to the event.

FRIDAY, MARCH 20TH Payne Gallery, 12pm-3pm

346 Main St, Bethlehem, PA 18018

Join the Art Department and Health Humanities for our second annual Health Humanities Art Event, an afternoon of reflection, research, and creative engagement.

Learn about-and experience-Being Present with Art (BPWA), a method of art engagement that integrates museum pedagogy with mindfulness-based stress reduction (MBSR) meditation. Created by Dr. Roksana Filipowska, the BPWA method has been shown to result in participants self-reporting lower stress levels, increased attention, and a greater sense of belonging after even one session.

This 90-minute-session features a talk, an interactive practice session of the BPWA method in Payne Gallery, and a group discussion. In this special offering to the Moravian community, Filipowska will present an overview of developing the method and collaborating on the research study with Dr. Laurie Santos, faculty member of Yale University's Psychology Department, as well as consider the role of art curation in implementing this particular method and the developing field of Arts in Health more generally.

