

Physical therapists back art of good health

Painting bring comfort, they say

BY MARIA BARAN
Staff Writer

Local business owners Suzanne and Shawn Tucker are stressing the positive effects art can have on health.

The Tuckers, both physical therapists, own the Brentwood Center of Health, 2558 S. Brentwood Blvd. They are exhibiting "The Art of Health," which features the works of local artist, Pamela Ryan.

"We wanted to highlight local artists," Suzanne said. "We thought it would be a win-win: We get the beautiful art for our staff and patients and highlight local artists."

Suzanne said the according to some scientist, art can have a direct effect on one's health and the aging process. She mentioned that art often is used to comfort children diagnosed with cancer or older adults suffering from dementia.

The exhibit depicts nature in watercolor, print-making and Oriental ink painting.

"We are really pleased with the awareness the show brings to art and its effect on our health," Shawn said. "The combination of color, music and beautiful art is welcoming to all and, we find, important in the process of improving one's health."

Suzanne said, "Having the art on display throughout the center is a natural. It puts our clients at ease the minute they walk into our space."

Her staff members appreciate the artistic setting, she said.

The exhibit will change three or four times a year, when the center features a new artist.

Suzanne found Ryan through the St. Louis Artists' Guild. The Tuckers are interviewing other artists now for the next exhibit.

The exhibit benefits the artist in terms of sales and exposure. Twenty-four pieces of Ryan's art were sold at a reception May 14 at the exhibit.

Patients also have the opportunity to purchase a piece of art they admire. But no one gets to take the work home until the exhibit has ended, Suzanne said.

The art show is in collaboration with the reopening of the Brentwood Center of Health. The center recently underwent expansion and renovations, bringing about the addition of a private training gym, Pilates studio, expanded reception area and additional private treatment rooms.

Brentwood Center of Health offers a combination of health services including physical therapy, Chinese medicine, fitness training, and massage.

The model of a "multi-specialty health center" has worked in other cities such as Chicago and Los Angeles, Suzanne said.

Suzanne, who grew up in University City, lives with her husband in Richmond Heights.

"The Art of Health" will be on display from 9 a.m. to 5 p.m. weekdays until Aug. 6.