



To Whom It May Concern:

It is an honor and a pleasure to bring to your attention the work of Art of Living. I am the director of Planned Parenthood's IMAGES Theatre, a professional teen theatre that performs for middle and high school students. IMAGES Theatre is a unique, award-winning performance/peer health education program. Through the art form of theatre, IMAGES delivers information concerning adolescent issues, provides positive role modeling, and promotes healthy self-esteem, family communication, and responsible decision-making.

Every summer, the cast members are educated in a variety of adolescent issues and at the same time, they experience several workshops to assist with their process of developing an ensemble and building an original performance.

Two years ago, and since that time, I have offered The Art of Living week-long workshop to the cast. The experience is profound. They are given tools to integrate healthier and more compassionate lifestyles, to understand and care for self and others, and to live their lives with conscious intent. Above all, they are provided with an amazing tool for stress release that can lead to a more peaceful existence in the world. The results of the program not only assist them personally, but also ripple into their immediate communities with their peers and family, and are integrated into the messages of the performance.

The Art of Living is a wonderful program that can make a difference to the lives of not only teens, but all ages. This is a gift and opportunity not to be overlooked. Feel free to call me if you have any questions.

Sincerely,

*Sharon Oppenheimer*

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