

The Power of the Heels Foundation Presents 'The Art of Wellness'

An immersive experience uniting art, neuroscience, movement and storytelling to advance women's mental and emotional wellness

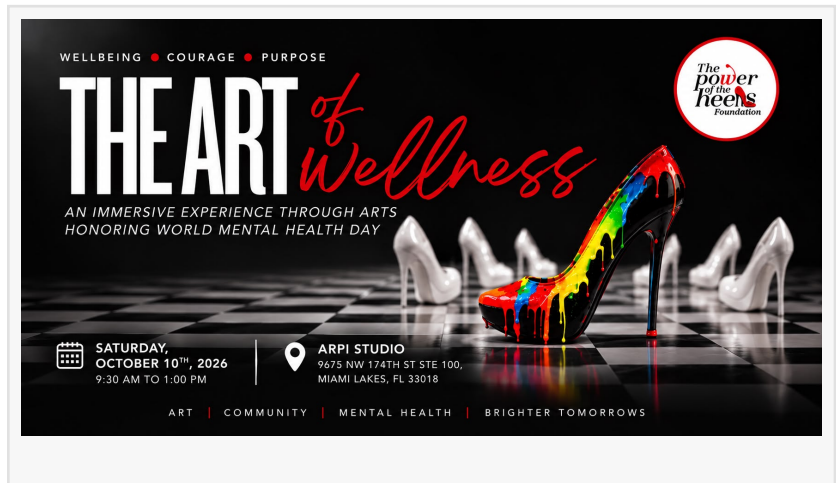
MIAMI, FL, FL, UNITED STATES,

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EINPresswire.com/ -- [The Power of the Heels Foundation](#)

will present The Art of Wellness on Oct. 10, 2026, at Arpi Studio (9675 NW 174th St Ste 100, Miami Lakes, FL 33018), bringing

together art, music, movement, neuroscience and meaningful conversation in a community-centered experience designed to advance mental health awareness and emotional wellness among women.



Taking place in recognition of World Mental Health Day, The Art of Wellness moves beyond the traditional conference or panel format by inviting women to become active participants in a shared journey: "From conversation to connection to action to transformation."

The experience reflects The Power of the Heels Foundation's longstanding commitment to empowering women to live emotionally healthy and successful lives while exploring how creativity and human connection can help make conversations about mental health more approachable, personal and meaningful.

The event will also introduce "The Lounge" by Humantold, presenting a collective art installation of "The Things We do not Say", where real conversations happen throughout the day. "This is an event dedicated to every woman and girl who dares to think differently, and to every girl who does not yet know that she can too," said Gladys Mezrahi, Founder of The Power of the Heels Foundation.

Where Art Meets Emotional Wellness

Beginning at 9:30 a.m. with registration and Cafecito, the program will unfold through a series of conversations, performances and immersive experiences exploring the relationship between

creativity and emotional well-being. CeCe Espeut, Executive Director of TEDxMiramar and two times TEDx talk speaker will serve as the Master of Ceremonies for the event.

The artistic program will feature Global Music Award recipient Daniela Di Mari; a dance and movement experience directed by Mercy Yahia; and an immersive sound and lighting experience by acclaimed producer Claudio Resnik. A central conversation, "Where Neuroscience Meets the Arts & Wellness Becomes an Experience," will explore NeuroArts and the intersection of neuroscience, creativity and well-being with Jeneissy Azcuy and how PBS is using this science behind their immersive exhibits. The session will examine what happens in the brain when music moves us, visual art awakens emotion or physical movement changes the way people feel, while considering the role artistic experiences can play in reducing stress and strengthening human connection.

"The Power of the Ripple Effect" will explore how the vision of Lady Gaga and her mother, Cynthia Germanotta, through the Born This Way Foundation, has helped advance conversations surrounding youth mental health, kindness and supportive communities. The conversation will examine how education and certification opportunities can equip individuals with tools to recognize emotional struggles, respond with empathy and help connect others with support.

The Courage to Be Seen

Visual artist Luli Sulichin's acclaimed exhibit, The Visible Woman, will become the centerpiece of "The Visible Woman: The Courage to Be Seen," an exploration of women's identity, visibility and self-perception. Through art and personal storytelling, participants will be invited to consider what it means to be truly seen, heard and valued while reflecting on authenticity, resilience, self-worth and the courage to reclaim one's voice.

Following The Art of Gathering lunch, actress and performer Clarita Spitz will present "Mirror, Mirror on the Wall: Tell Me, Who Have I Become?" The one-woman performance explores the many versions of a woman's identity throughout her lifetime — from childhood and hidden wounds to abandoned dreams, forgiveness, resilience and the discovery of inner strength.

The journey will culminate in a special live musical performance by Daniela Di Mari celebrating wellness, healing and human connection.

An Afternoon Without a Prescribed Path

The final chapter, "The Art of Mindfulness," will transform Arpi Studio into an open immersive environment where participants can experience wellness at their own rhythm. Women will be able to create origami while engaging in meaningful conversation, explore color and reflection through mandalas, connect personally with speakers and experts, experience music and art, or simply pause and be present. The concept reflects one of the central ideas behind The Art of Wellness: there is no single path to emotional well-being.

Together, the day's experiences will demonstrate how artistic expression can create pathways into conversations that often remain unspoken, turning creativity into a catalyst for awareness, connection, healing and lasting community impact. The Art of Wellness takes place Oct. 10, 2026, at Arpi Studio. (9675 NW 174th St Ste 100, Miami Lakes, FL 33018). Registration begins at 9:30 a.m., with programming beginning at 10:00 a.m. and immersive wellness experiences continuing throughout the afternoon.

This event is possible thanks to our partner organizations: AMC Aventura Marketing Counsel, Owit Organization of Women in Trade, Catalyst Now, Colombian American Chamber of Commerce, Loving Moms.

Registration is available at:

<https://tally.so/r/3xMYNk>

About The Power of the Heels Foundation

The Power of the Heels Foundation is committed to empowering women and girls to pursue emotionally healthy, successful and fulfilling lives. Through education, conversation, community engagement and transformative experiences, the foundation creates spaces that encourage women to strengthen their voices, embrace their potential and build meaningful connections.

About Indigo Events

For more than 35 years, award-winning Indigo Events Corp. has partnered with corporations, organizations and individuals to transform visionary ideas into memorable experiences through creativity, strategy and execution. A full-service event, marketing and Destination Management Company, Indigo Events specializes in corporate, social and wedding experiences, providing services ranging from concept development and strategic planning to venue sourcing, branding, logistics and event execution. With an extensive network across the United States and Latin America, the company creates customized experiences designed to connect people and leave lasting impressions. Indigo Events has been a longtime supporter of The Power of the Heels Foundation, contributing time and resources in support of its mission to empower women.

For more information

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