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# ART & HEALING

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Linda Young | Acrylic Paintings



Clinical studies show that art is a critical part of a healing environment. Research demonstrates that patients who are exposed to art that is calming, positive, and affirming have lower rates of pain, shorter hospital stays, and generally experience better clinical outcomes.

To learn more about the Art & Healing Program, please contact the Office of Patient Experience at 307.739.7479.

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## COLORS OF YELLOWSTONE

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Growing up Linda spent many a summer in the Sierra Nevada Mountains camping, fishing, hiking, and drawing... These summers lead to a great love for the outdoors and nature. Later... a degree in biology and natural resources gave her another view of the natural world through the eyes of science. Linda eventually became a ranger/naturalist in both Yellowstone and Grand Teton National Parks. This allowed her the privilege to both teach and show to others the beauty and vast natural diversity of “wild” areas that more than ever need our protection. As years moved forward she realized that there was another way of communicating her love of nature through her other passion... art.

“I still keep drawing, but I have come to feel the need to express myself with more dynamic, bolder and more colorful images in paintings. I want my paintings to “wake” the viewer up a bit and perhaps elicit an emotional response from the image whether a smile, laughter, or simply a memory. Through my art I hope to in some way give a voice to the voiceless in our natural world.” - Linda Young

This exhibition is a collaboration with St. John’s Medical Center and St. John’s Hospital Foundation as part of the Art & Healing program. Linda’s work will be on display in the Emergency Department for the next year. Her pieces are available for sale by reaching out to the artist directly. All inquires can be sent to Linda via email at [lindamckmt@aol.com](mailto:lindamckmt@aol.com) or via phone at 208.339.2837.

