



JUDY GITTELSON
artist, art teacher,
studio owner

I opened Art For Well Beings (AFWB) in 2007 to build a cultural art center that promotes and serves the

needs of a non-conforming artist community. AFWB honors the artistic meanderings, fascinations and unique creative route of all individuals.

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When I moved to Palo Alto in 1999, I lived near an organization that serves people with developmental disabilities. I approached them and proposed to create art with their clients. We did and the results were marvelous.

My approach is straightforward and deliberate. Over the years, I have developed playful methods and exercises that provide modest constraints allowing people to simply enjoy.

In my painting, I focus on shapes; shapes being simultaneously solid and porous, planes tipping forward and back, and angles intersecting curves. Paint is a marvelous material for me. My way of applying paint is to do so in many layers. I sort of scrub the paint on in many applications. The result of this build up method is that the paint appears differently at different times of day. In one light a painting can seem yellow or gold and at another time of day, it will look as if it is pale white.

A typical day of mine has moments of painting in my studio – encircled by my work in the community. I teach art in the juvenile hall, at special schools, and at ART FOR WELL BEINGS where I specialize in working with people with special needs. I am also a certified working artist for Golden Paints – the top of the line artist acrylic paint – and present to painters how to use all the many products Golden offers. I present art exercises to a range of people and then I nestle in and transmit all the influences to my own art practice.

Art For Well Beings has proven to be an establishment where creativity and happiness happen. We welcome you to join us.