



# SACRAMENTO FOOD BANK & FAMILY SERVICES

*Serving Sacramento's families in need since 1976*

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## FOR IMMEDIATE RELEASE

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## TEACHERS' ART SHOW

SACRAMENTO, CA – Sacramento Food Bank & Family Services (SFBFS) is proud to host the Women's Wisdom Teachers' Art Show throughout the month of February. Teachers and volunteers who lead classes for the Women's Wisdom Art program at SFBFS will have the opportunity to exhibit their art, a gift that inspires clients in the program year round.

Designed as a uniquely feminine environment that supports the artistic and personal growth of women in all stages of life, Women's Wisdom Art believes that artistic exploration naturally brings greater self-knowledge. Classes are free to clients and include drawing, textiles, clay, mixed media, poetry, gourd crafting, creative writing and painting with acrylics and water color.

Every day, nearly 20 of women congregate in the Women's Wisdom Art classroom at SFBFS and are guided by a dedicated group of instructors. These individuals spend countless hours planning projects, searching out supplies and creating an environment that supports multi-level art students in one small classroom. This show will focus on the dozen women and one man who inspire our students to achieve greatness.

### **What: Teachers' Art Show**

**Where: Sacramento Food Bank & Family Services (3333 Third Ave., Sacramento 95817)**

**When: February 3-26, 2010**

**2<sup>nd</sup> Saturday reception February 13, 5-8pm**

**Who: The teachers of Women's Wisdom Art**

If you know of a woman who would benefit from enrollment in Women's Wisdom Art program or know of an artist who would like to volunteer their time as a teacher or mentor, please visit <http://www.sacramentofoodbank.org/Programs/WomensWisdom.aspx>. A listing of free art classes offered by Wisdom Art and needed supplies is also listed on this site.

Sacramento Food Bank & Family Services, a local non-profit organization, serving families and individuals in need, was founded in 1976. Over time, SFBFS expanded to meet growing needs and now offers nine diverse programs at two facilities in Sacramento. A staff of 35 employees and several thousand volunteers accomplish SFBFS' mission of assisting those in need by alleviating their immediate pain and problems and by moving them toward self-sufficiency and financial independence. Additional SFBFS information is available online at [www.sacramentofoodbank.org](http://www.sacramentofoodbank.org)

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